

53
DELICIOUS RECIPES INSIDE!

Great British FOOD

The Celebration Issue

At home with

James Martin

- * Beer Roast Pork
- * Herby Baked Trout

JAMIE
DOES COMFORT FOOD

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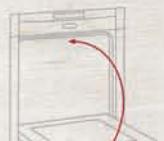


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Welcome...



There's one food 'event' that I spend the whole year obsessing about. Not the big turkey dinner or New Year cocktails, but a simple **leftovers sandwich**; thinly sliced meat, pillow-y, white bread, crisp chunks of stuffing and lashings of mayo – my mouth is watering at the thought! I say simple, it tends to get more elaborate every time I make it with experimental sauces, different meats and even a layer of **pork scratchings** one year. So we had particular fun putting together our guide to the **ultimate Boxing Day treat** on p.78.

I'm not a huge fan of New Year health kicks – they only ever last a week or two and what's the point in torturing yourself during the coldest months of the year? What winter calls for is **hearty comfort food**, and we've got that in spades from **Jamie Oliver** on p.38 and **James Martin** on p.92. Meanwhile our Celebration Special kicks off on p.97 and has all you need for a rollicking party season with fantastic canapés, tempting puds and brilliant British buys for your cocktail cabinet.

Have a delicious 2015!

Natasha

Editor

natasha@aceville.co.uk

SALTED CARAMEL
CHOCOLATE
LAYER CAKE

COVER
Recipe



Serves: 10-12
Prepare: 25 minutes, plus cooling time
Cook: 30 minutes

350g butter, softened
350g golden caster sugar
6 medium free range eggs, lightly beaten
2 tps vanilla extract
100g plain chocolate, melted and cooled
300g self-raising flour, sifted

50g cocoa powder, sifted
50g ground almonds

For the chocolate ganache:
100g plain chocolate
150ml double cream
15g butter

For the caramel cream:
200g caster sugar
1 tsp sea salt flakes
200ml double cream
Caramel shards, chocolate truffles and sea salt flakes to decorate

1. Preheat the oven to 200°C/400°F/Gas Mark 6. Grease and base line 3 x 20cm sandwich cake tins with greaseproof paper. Place the butter and sugar in a large bowl and, using an electric whisk, beat until creamy. Gradually add the eggs beating after each addition.
2. Mix in the vanilla extract and cooled, melted chocolate until well combined. Fold the flour,

cocoa powder and almonds into the mixture.

3. Divide equally between the cake tins and gently level the surface. Bake for 25-30 minutes or until a skewer inserted into the centre of the cakes comes out clean. Cool in the tin for 5 minutes then turn out onto a wire rack and leave until completely cold.

4. Meanwhile, make the ganache. Melt the chocolate. Heat the cream until almost boiling and gradually beat into the melted chocolate. Beat in the butter. Leave to cool.

5. To make the caramel cream, place the sugar and 150ml water in a heavy-based saucepan. Heat gently, without stirring, until the sugar dissolves. Increase the heat slightly and simmer until the mixture starts to turn syrupy then a pale golden caramel colour. Remove the pan from the heat and add 3 tablespoons of boiling water from the

★
MEET THE EXPERTS



OUR NEW COLUMNIST
VALENTINE WARNER WAXES
LYRICAL ABOUT BRITISH FOOD
ON P.45



GREAT BRITISH MENU STAR
PAUL AINSWORTH TALKS
OYSTERS, GARY RHODES AND
CORNISH FOOD ON P.82



BEER EXPERT SOPHIE ATHERTON
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MITCH TONKS TELLS US ALL
ABOUT HIS KITCHEN LOVES
AND HATES ON P.138

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**SUBSCRIBE
TODAY! P.124**
**AND GET YOUR
FREE
BRABANTIA
KITCHEN
SCALES**



RECIPE RUNDOWN

From simple light lunches to tasty seasonal suppers and show-stopping puddings



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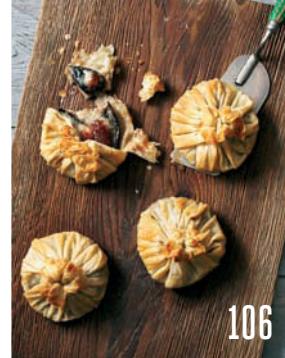
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Over to you

What you're up to in the kitchen this month



Star Letter

It's not usually in my nature to go on a diet or detox of some kind for the new year, but this time I might just give it a go. This is thanks to a few cookbooks I've bought recently (*Hemsley + Hemsley* and *A Modern Way to Eat*) which show you how to enjoy delicious healthy food without having to miss out on flavour. I should be getting my spiraliser in a few days to make courgette spaghetti, and I hardly ever use olive oil now, as rapeseed oil is healthier, tastier, and made down the road from my house!

Emma Boden, Norwich

We've been working our way through the *Hemsley* book too, Emma, and we're always glad to see another rapeseed oil convert!



Ask the Expert

WHAT IS A 'BOUQUET GARNI'?

A classic 'bouquet garni' is simply made by tightly wrapping herbs together and placing the 'parcel' in a dish before cooking. They work particularly well in warming soups, stews and casseroles, helping to balance all the flavours perfectly. Woody herbs (thyme, bay leaf etc) typically work better as they can

withstand long cooking methods. To prepare the 'bouquet garni' simply gather a small bunch of parsley stems, celery, thyme and a bay leaf and wrap them in the green part of a leek, then tie tightly with butchers string. Place the parcel into your soup or stew, leave to simmer then remove it.

Chef Eric Bediat is head of technical cuisine at Le Cordon Bleu London. For more information on the diploma and short courses on offer visit lclondon.com



There've been an awful lot of articles championing kale as the new must-have 'superfood' recently, but my family have been eating it for years simply because it's delicious. I'm so happy it's in season, as it means I can make my homemade corned beef, potato and kale hash for dinner again!

**Anna Eggerton,
via email**

It's certainly the flavour of the month these days, Anna, and we completely agree about how tasty it is – the fact that it's good for you is an added bonus!



WIN! A TEA & BISCUITS HAMPER!

WRITE US A STAR LETTER AND YOU COULD WIN A HAMPER OF BELLEVUE TEA AND WALKERS SHORTBREAD WORTH OVER £80!

Tea and biscuits are two things most of us enjoy on an almost daily basis – it's the perfect pick-me-up in the morning and gives us a nice break in the afternoon. We're delighted to be giving away this hamper from Bellevue Tea and Walkers Shortbread, which should keep you fully stocked for most of the year! The prize includes eight different types of Bellevue tea with an attractive display box to put them in, and a huge hamper of eight different boxes of Walkers' shortbread, biscuits, cake and oatcakes. For more information visit bellevue-tea.co.uk



This month on Twitter and Facebook we've been sharing our favourite winter recipes, Britain's best biscuits and spreading the word about two of our new favourite foodie haunts – Kent and Nottingham! Do you live somewhere that's ripe for gastronomic discovery? Let us know online – we'd love to hear from you! Tell us what's going on in your kitchen by writing to Holly at holly.shackleton@aceville.co.uk



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AN ODYSSEY OF DELICIOUSNESS

This month

NEWS * HOT PRODUCTS * PEOPLE * EATING OUT * WHAT'S ON

Local, Seasonal, Brilliant!

The new year is often seen as a time to cut back on food, but we couldn't disagree more! Fish, game and root vegetables are still in their prime, while leeks, celery and cabbages are ready to be chopped up and added to all sorts of warming soups and stews. The end of February also sees the first few stalks of Yorkshire forced rhubarb appearing – an absolute treat when it's in season.



IN THE
SPOTLIGHT

Shrove Tuesday takes place on 17th February and with it comes a proper British delicacy – pancakes! If you want to learn more about the traditional, wafer-thin variety, turn to our Things You Never Knew About feature on p.72, but if you're a fan of the more modern, American-style pancake, this stack should make your mouth water! For the full recipe visit waitrose.com/recipes



SPICE UP YOUR LIFE

The perfect accompaniment to help get rid of those last few pieces of turkey or cheese. **Gordon Castle Spicy Tomato Chutney, £3.95, gordoncastlescotland-shop.com**

Pick of the MONTH

Our favourite food, drink and accessories to celebrate the season with



SIMPLY RED

A bold, vibrant and great value for money way to keep your loaves fresher for longer. **Red Retro Bread Bin, £15, Tesco**



CRACKING CROCKERY

Scotland's most iconic confectionery gets the tableware treatment with this eye-catching plate. **Tunnock's Caramel Wafer Plate, £14.50, hunkydoryhome.co.uk**

SERVE IN STYLE

A bright, vibrant bowl that's perfect for bringing a nice big salad to the table. **Bamboo Bowl, £5, oliverbonas.com**



CLAW BLIMEY

This wonderful new seafood-inspired range from the well-known designer might be her best yet. **Emma Bridgewater Shellfish Collection, from £39.95, emmabridgewater.co.uk**

Happy eating

WHAT WE'RE UP TO THIS MONTH >

Natasha, editor



After making a few calls to various butchers, I'm finally the proud owner of a pair of sheep's lungs! It's all part of my bid to make haggis for Burns Night – messy business, but the satisfaction will be well worth it!

Tom, deputy editor

While I'll inevitably be fighting off a minor case of post-Christmas gout, I have no plans to go on a soup detox or drink kale smoothies in lieu of proper grub. I've stocked my freezer with beef shin, brisket and pork shoulder and plan to put my slow cooker through its paces.

Holly, features writer



Warming soups served in a mug in front of the fire is exactly why I love winter, even after the joys of Christmas are over. I love creamy carrot soup crusty bread – heaven!



SWEET HEARTS

Valentine's Day is almost always celebrated over a good meal, and food is the best way to show your love for someone. Something as simple as a good Victoria sponge can be transformed into a wonderful gift with a few easy twists – a scattering of rose petals for decoration and some heart-shaped cupcake cases will ensure you're in your other half's good books for the whole year! For the full recipe visit thehappyegg.co.uk

GBF's Shopping Basket



This kit contains everything you need to make sausages.
Minnie Plus Little Demon Sausage Stuffer, £12.00, weschenfelder.co.uk



A pack filled with a new range of hybrid cracker-biscuits that are as good with cheese as they are on their own.
Kent & Fraser Criscuits, £2.45, kentandfraser.com



We can't think of a better way to express our love for someone than with this limited edition heart-shaped sausage.
HECK PECK Sausages, £3, heckfood.co.uk



Norfolk was once famous for its saffron production, and this one farm is keeping the tradition alive.
Norfolk Saffron, £7.80, norfolksaffron.co.uk

CHEESE OF THE MONTH... ANSTER

WITH ANDY SWINSOE, CHEESEMONGER OF THE YEAR

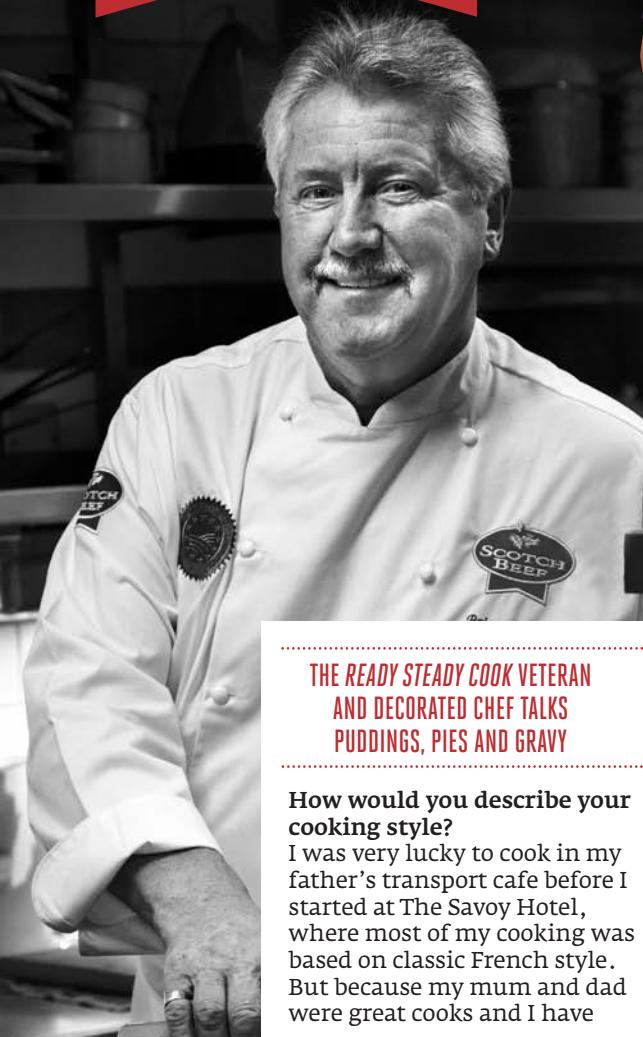
Cheese isn't just for Christmas! And with Burns Night approaching (25th January, for those sassenachs among you), there isn't a better time to help support the flourishing Scottish cheese industry and enjoy a superb cheese at the same time. Anster was created in 2008 by Jane Stewart on her family farm in Fife – it's a wonderful take on Cheshire: crumbly, zesty and fresh!

For more information on Andy's shop in Yorkshire visit thecourtyarddairy.co.uk



Q&A

Brian Turner



THE READY STEADY COOK VETERAN AND DECORATED CHEF TALKS PUDDINGS, PIES AND GRAVY

How would you describe your cooking style?

I was very lucky to cook in my father's transport cafe before I started at The Savoy Hotel, where most of my cooking was based on classic French style. But because my mum and dad were great cooks and I have



“What Heston did for the triple cooked chip, Gary Rhodes did for the bread and butter pudding”

SAYS PAUL AINSWORTH. READ THE FULL INTERVIEW ON P.82

managed to travel the world, I will always want to cook simple British food.

If you could only source your ingredients from one county, which would it be?

I would have thought that would be pretty obvious! I am a Yorkshireman through and through and Yorkshire has such great pastures and grasslands for rearing beef, lamb and pork and growing great fruit and vegetables. And you can't forget the fabulous coastline which gives us such wonderful fresh fish – what a great county it is!

What would you have as your final meal?

I'd love to start with fish and chips but they'd have to be cooked in Yorkshire. I would then follow this with a wonderful piece of roast rib of beef – obviously with Yorkshire pudding, onion gravy, loads of veg and all the trimmings! If I had the time Wensleydale cheese would make a perfect break before finishing with steamed suet syrup pudding with cream, clotted cream and plenty of custard!

Top cooking tip?

It's always good to think first class, so make sure you have the best equipment and ingredients before you do anything else. I have been an ambassador for Belling cookers for about six years now, so that would be the place to start for me. Then when you start to cook, be organised and keep it simple.

If you had only £5 to spend on dinner, what would you make?
I'd start with Yorkshire pudding and onion gravy followed by cottage pie with a cheesy topping, then finish with a little apple pie!

Beer or wine?

Wine – I didn't drink alcohol until my early twenties and my first introduction was Champagne. Since then I've always been a great Champagne and white wine drinker.

Guilty pleasure?

Brown sauce on hot pork pies from my favourite pork butcher Wilson's of Crossgates, whilst curled up in front of the fire watching the horse racing on the telly.

Great British Classics: Eccles Cake

WHAT IS IT?

A small round cake made of flaky pastry that's filled with currants and dusted with sugar. It's buttery, sweet and very moreish. Because of their mottled appearance, Eccles cakes are also known as fly pies!

WHERE'S IT FROM?

The cake gets its name from its hometown – Eccles, a town in the City of Salford in Greater Manchester. No one knows exactly who invented the recipe, but in 1793 James Birch was the first person to sell them from a shop.

WHY'S IT FAMOUS?

Eccles cakes were being exported all over the world as far back as 1818, where they were particularly popular in America and the West Indies. They were probably infused with rum or brandy to prevent them going off during the journey, which was a likely reason why when the Puritans came into power, they wanted to ban them from being made!



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...it's Christmas in a box!

BIG DAY OUT

Margate

THIS KENTISH SEASIDE TOWN SEES FRESH FISH LANDED DAILY, HAS A THRIVING FOOD SCENE AND PLENTY OF CHARMING PUBS TO RELAX IN

1. EAT

The Ambrette does Indian fusion food amazingly well – think spiced wood pigeon, mushroom samosas and seaweed raita. Everything is presented beautifully, and it's perfect if you're looking for something different. theambrette.co.uk



1

2. DRINK

The Lifeboat specialises in ale and cider, with around 25 on tap at any one time. There's also a very impressive range of British spirits behind the bar, so you can taste your way through the English gins, Scottish malts or locally-produced vodka. thelifeboat-margate.com

2



3. SEE

Shell Grotto is a mysterious underground cavern discovered in 1835 that's intricately decorated with nearly five million shells. No one knows who built it! shellgrotto.co.uk



3

What's on

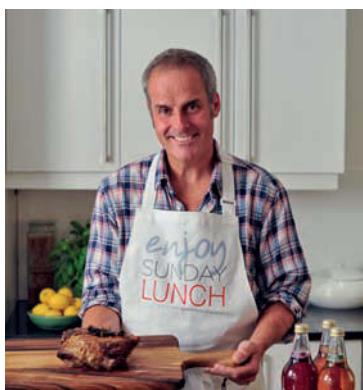
MANCHESTER BEER & CIDER FESTIVAL

21 – 24 January

National Cycling Centre, Manchester

Last year's event attracted over 10,000 visitors who nearly drank the bar dry, so this year the organisers have gallons upon gallons of extra beer at the ready for thirsty punters. There'll be over 500 beers, ciders and perries to try, including everything from traditional bitters and IPAs to the most cutting edge sours and hard to find saisons.

manchesterbeerfestival.org.uk



weekend. The films shown are all food-related, whether they're documentaries about how it's produced, dramas filled with culinary metaphors or comedy shorts made by locals. There's also a huge food hall next to the screening room, with lots of food and drink on offer, whether you want to take it home or enjoy it while watching something. kingussiefoodonfilm.co.uk

RYE BAY SCALLOP WEEK

21 February – 1 March

Rye Bay, East Sussex

A week dedicated to one specific seafood might seem a bit much at first, but there's so much more to this shellfish than you might first think. The town is famous for them, and nearly every restaurant will be serving the delicacy in all sorts of inventive ways. There will also be free tastings, classes, demonstrations and shell decorating. scallop.org.uk

BREAKFAST WEEK

25 – 31 January

Events Nationwide

Organised on behalf of British cereal farmers and producers, Breakfast Week is a huge event which celebrates everything about the most important meal of the day. This year it also ties in with the second Best Breakfast

KINGUSSIE FOOD ON FILM FESTIVAL

5 – 8 February

Kingussie, Scotland

This hugely successful festival packs two things nearly everyone is passionate about into one long



ST DAVID'S DAY FOOD FAIRE

28 FEBRUARY

PONTYCLUN, WALES

PONTYCLUNACTIONGROUP.WEBS.COM

CAMRA'S NATIONAL WINTER ALES FESTIVAL

11 – 14 FEBRUARY

PRIDE PARK, DERBYSHIRE NWAF.ORG.UK

OBSESSION 2015 THROUGHOUT JANUARY

NORTHCOTE MANOR, LANCASHIRE NORTHCOTE.COM

BITE FOOD FESTIVAL

1 – 9 FEBRUARY

CHIPPING CAMDEN, GLOUCESTERSHIRE THEBITE.CO



New Bottle on the Block



Spicy, smoky, chocolatey – just a few words which describe this new expression from the famous Highland Park distillery on the islands of Orkney. It's a 'no-age statement' bottle, which means it doesn't say how many years it's aged for, but instead highlights the naturally darker whisky found within. **Highland Park Dark Origins, £65, highlandpark.co.uk**



TREND WATCH

Like marshmallows? Like chocolate truffles? Then you'll be glad to hear Kensington patisserie Anges de Sucre has just released its new range of 'muffles', a hybrid of the two treats combined. A chocolate, nut-encrusted shell encases homemade marshmallow with a gooey core of rich ganache in the centre. They come in three flavours – all named after iconic women – and are a real treat for anyone looking for something deliciously different. angesdesucre.com

FOODIE BAROMETER

WHAT'S HOT

EASTERN DELIGHTS

Saffron growing has returned to Essex after a gardener found the plant growing in his garden and decided to set up a farm

CAFFEINE FIX

Brighton has been named the coffee capital of the UK, where each resident spends on average £177 per year on the drink!

HOP TO IT

A beer which supports British hop growers has gone on sale in a bid to support the last 16 hop farms in the UK

WHAT'S NOT

WHAT'S IN A NAME

Wine drinkers buy bottles with the most unusual sounding name if they're not sure which to get

THIRSTY WORK

British people don't drink enough water, according to a new study

A DRAM SHAME

A Japanese whisky has been named best in the world, dealing a blow to Scotland's reputation

Dish of the MONTH



KEEMA TOPPED CHICORY LEAVES

The combination of spiced, warming lamb mince with bitter chicory and refreshing cucumber makes this canapé a total crowd-pleaser, and it's a world away from all the usual pastries and vol-au-vents usually served at a New Year bash. For the full recipe visit simplybeefandlamb.co.uk

3 of the Best for Burns Night



1. The perfect dram to sip with dinner, emblazoned with an image of the great poet himself. **Arran Robert Burns Malt Whisky, £29.99 from arranwhisky.com**



2. A delicious haggis that's easy to cook and take to the table. Serve this with a dram, neeps and tatties for a meal that couldn't be more Scottish if it tried. **Simon Howie Original Haggis, £2.40 from Tesco**



3. The original ice cream from Scotland's favourite brand has no added flavour, making it creamy, smooth and natural (and a great way to end a Burns Night supper). **Mackie's Traditional Ice Cream, £3, most supermarkets**



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front and the familiar yellow flowers, it really stands out, and continues to give home cooks a way to make roast potatoes extra-crispy, salad dressings nice and nutty and frying food a lot healthier. **farrington-oils.co.uk**



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In Season

We're in the thick of winter now; January can seem a little flat after Christmas, but it's the perfect time to embrace hearty, comforting roots. The new year's first pink forced rhubarb and purple sprouting broccoli are also great for adding colour to dishes



ON THE MENU:

- *Purple Sprouting Broccoli*
- *Sea Bass*
- *Forced Rhubarb*
- *Swede*
- *Jerusalem Artichoke*
- *Cauliflower*





Jerusalem Artichoke

Season: October-March

Buy: Despite the name this unusual-looking tuber is actually a variety of sunflower and grows prolifically in cold weather, making it ideal for home growing. For ease of preparation, choose firm tubers with as few knobs as possible.

Cook: Jerusalem artichoke can be cooked in much the same way as potatoes; roasted, mashed, puréed and sautéed. Peel if you like, but as long as they are cleaned thoroughly, the skin is perfectly edible and adds a nice texture to dishes.

Swede

Season: October-February

Buy: These readily available veggies are always fairly cheap, making them ideal for bulking out stews, casseroles and soups. Look for roots that are heavy and firm but not too large – smaller means sweeter.

Cook: The outer skin is tough so needs to be peeled thickly. The orange flesh cooks surprisingly quickly, so always keep an eye on your cooking times, especially when boiling or steaming. Pair with other root vegetables and rich, meaty sauces.

Cauliflower

Season: All year, but best from December-April

Buy: White means fresh, so avoid any with discoloured curds. White cauliflower is the most common variety, but also look out for the green, almost alien-like Romanesco.

Cook: This humble brassica has undergone a renaissance of late, with foodies rediscovering its versatility. Cauliflower's obvious partner is cheese, but it's also delicious baked with Indian or Middle Eastern spices. You could also make cauliflower 'rice' by grating or pulsing it in a blender until fluffy.

Forced Rhubarb

Season: January-April

Buy: Famously grown in Yorkshire's 'rhubarb triangle', rhubarb plants are manipulated into growing indoors in darkness out of their natural season in order to achieve the characteristic vibrant pink hue and tender texture. Leaves should be pale and fresh, and the stems should be firm, straight and snappable.



Cook: Technically a vegetable, rhubarb is generally cooked like a fruit in puddings and desserts, though it does pair beautifully with oily fish and cheese.

Purple Sprouting Broccoli

Season: January-April

Buy: This wild-looking vegetable is made up of several asparagus-sized stems which each sprout lots of purple flower heads. Older specimens have a tendency to be woody, so when shopping look for stems that are thin, firm and easy to snap. Avoid flower heads that have sprouted white or yellow flowers, this is a sign your broccoli is too old.

Cook: Purple sprouting broccoli makes an elegant side dish tossed with butter or rapeseed oil. It's also great in Asian-style stir fries, added last minute to stews and soups, or smothered in a buttery hollandaise.

Sea Bass

Season: July-February

Buy: Sweet, meaty sea bass is always a popular fixture on restaurant menus. While a large amount of the fish available to us is farmed in the Mediterranean, sustainable wild bass from the Cornish coast is plentiful at this time of year, so look out for it.

Cook: Sea bass have large spines, scales that need to be removed and flesh that needs to be pin boned, so buy fillets or ask your fishmonger to prepare it if you're not adept with a fish knife. Cook simply with tomatoes, butter, garlic or fresh herbs to let the delicious flavours come through.



SEA BASS, CAULIFLOWER PURÉE & SWISS CHARD

Serves: 4

Prepare: 20 minutes

Cook: 30 minutes

Rapeseed oil, for frying
 1 onion, peeled and diced
 4 garlic cloves, peeled and crushed
 1 head of cauliflower, cut into florets,
 800ml vegetable stock
 1 bunch Swiss chard, leaves removed from the thick stalks
 4 sea bass fillets
 Small bunch of fresh flat-leaf parsley, finely chopped
 Sea salt and freshly ground black pepper

1. Pour 2 tablespoons of oil into a large frying pan over a medium heat. Add in the onion and sweat for 10 minutes until soft. Add in almost all of the garlic and cook for one minute, then add in the cauliflower, stir everything together and cook for 2 minutes.
2. Pour in enough vegetable stock to barely cover the cauliflower. Bring to a boil, reduce the heat and simmer until very soft. Drain off the stock through a sieve and discard. Put the cooked onion, garlic and cauliflower into a food processor. Blitz until you have a very smooth purée, adding in a drizzle of oil if needed. Taste and adjust the seasoning if necessary. If you are using fresh stock, you will need to season it properly with salt. If you're using stock cubes you may not need any added salt at all. Keep

the mixture warm.

3. Place the chard stalks in a large pot of boiling salted water. Cook until just tender, but not limp. This should take about 3–4 minutes, depending on the thickness of the chard – taste a small piece to check. Remove, drain and season with a pinch of sea salt and a drizzle of oil. Boil the chard leaves in the same way, but remove after 2 minutes, drain well and season with salt and oil. Keep warm.
4. Place two non-stick frying pans over a medium-high heat. Drizzle a little oil over the sea bass fillets, just enough to coat both sides. Season with salt and pepper and when hot, place 2 fillets in each pan, skin-side down. Fry for 3 minutes without moving, then turn over and fry for a further 2 minutes. Mix the chopped parsley and remaining crushed garlic with a pinch of sea salt and enough oil to create a loose parsley oil.
5. Spoon some of the cauliflower purée onto a plate, place a sea bass fillet on top with the chard twisted in and around the fish. Drizzle over some parsley oil and serve.

*
 SEA BASS, CAULIFLOWER
 PURÉE & SWISS CHARD

SARDINES WITH JERUSALEM ARTICHOKE & SALSA VERDE

Serves: 4–6

Prepare: 15 minutes

Cook: 40 minutes

600g Jerusalem artichokes, scrubbed and halved
 Splash of rapeseed oil
 Sea salt and freshly ground black pepper
 2 unwaxed lemons, halved
 12 fresh sardines, cleaned, gutted and scaled

For the salsa verde:

2 tbsps salted capers, soaked and rinsed
 1 bunch each fresh flat-leaf parsley, mint and basil, leaves only
 2 anchovy fillets
 2 garlic cloves, peeled
 Zest of $\frac{1}{2}$ unwaxed lemon
 2 tbsps red wine vinegar
 150ml rapeseed oil
 1 tbsp Dijon mustard

1. Preheat the oven to 180°C/360°F/Gas Mark 4. For the salsa verde, thoroughly rinse the

“Jerusalem artichokes, confusingly, have nothing to do with Jerusalem or artichokes. They are tubers, related to the sunflower family, and their name is derived from the Italian word for sunflower, girasole. Their sweet, nutty taste is perfect with sardines”

salted capers, then add them to a food processor together with the parsley, mint, basil, anchovies, garlic and lemon zest. Pulse on and off until well chopped, then remove to a bowl, add in the vinegar and slowly stir in the olive oil and mustard until well combined. Season to taste.

2. Toss the scrubbed Jerusalem artichokes with just enough oil to coat and season with a few pinches of salt and pepper. Place on a roasting tray in one layer and roast in the centre of the oven for 35–40 minutes until golden and tender.

3. After the artichokes have been roasting for around 30 minutes, place a large frying pan on a medium-high heat. Brush the cut side of the lemon halves with oil, place cut-side down and fry on a high heat until moderately charred. Rub the sardines with just enough oil to coat them, and season with a little sprinkling of salt and pepper. Place the sardines in the pan and cook for 2 minutes on one side, then flip over and cook for a further 2 minutes.

4. Pile some of the Jerusalem artichokes onto a plate, top with sardines and spoon over some salsa verde. Serve immediately with the lemon halves.



*

SARDINES WITH JERUSALEM ARTICHOKES & SALSA VERDE

RHUBARB CRUMBLE WITH MAPLE & CINNAMON ICE CREAM

Serves: 6–8

Prepare: 20 minutes, plus chilling time

Cook: 50 minutes

80g forced rhubarb, trimmed
210g coconut palm sugar or light brown sugar
Zest of 1 unwaxed lemon, peeled off in strips
1 tsp pure vanilla extract
60g butter
80g white spelt flour
70g rolled oats
50g whole almonds, lightly crushed

For the ice cream:

2 cinnamon sticks, broken in half
1½ tsps ground cinnamon
800ml coconut milk
100g coconut palm sugar or light brown sugar
80ml maple syrup
Pinch of sea salt
3 tbsps cornflour

1. For the ice cream, put half the coconut milk in a heavy-bottomed saucepan with the cinnamon (sticks and ground), sugar, maple syrup and salt and heat through to dissolve. Place the cornflour in a bowl and very slowly whisk in the remaining coconut milk, 1 tablespoon at a time, until there are no lumps.

2. Add this into the saucepan and cook over a medium-high heat, stirring constantly, until the mixture becomes noticeably thicker, about 4–5 minutes. Once thick, remove from the heat and strain through a sieve into a large bowl. Place parchment paper directly onto the surface to prevent a skin from forming and leave to cool, then refrigerate until completely chilled. You can use a freezer to speed this up.

3. Put the mixture into an ice cream maker and churn according to the instructions. If you don't have one, pour the mixture into a wide, flat (preferably metal) tray and place in the freezer. After 40 minutes or so, remove and use a fork to mix and break down the ice

“Unlike pretty much any other seasonal fruit or vegetable, ‘forced’ and out of season rhubarb is better for cooking with. Covered and deprived of light, its stems shoot upwards in search of the sun, resulting in tender, pale pink stalks”

crystals. Repeat this process twice more. At the final stage, blitz in a food processor to make it really smooth. Then return to the tray and leave in the freezer to set fully. Remove 15 minutes before serving to soften.

4. For the crumble, preheat the oven to 200°C/400°F/Gas Mark 6. Cut the rhubarb into 5 cm chunks. Place a large, heavy-based pot over a medium heat. Add in the rhubarb, 150g of the sugar, the lemon peel and vanilla extract. Rhubarb is a sour fruit, and it's nice to let some of this sourness to shine through. If you don't, you can add in more sugar, but no more than about 50g.

5. Cook over a low heat for about 15 minutes until the rhubarb is tender, but not falling apart and the sugar has become a syrup. Remove from

the heat and set aside. In a large bowl rub the butter into the flour until you have gravel-size lumps of flour. Add in the rolled oats, remaining sugar, crushed almonds and a pinch of salt and mix. Place the rhubarb in a medium pie dish, remove the lemon peel, and top with the crumble. Don't press down. Bake for about 25 minutes until golden brown. Leave to cool for 5 minutes then serve with a scoop of ice cream.

Recipes adapted from *Natural Food Kitchen* by Jordan Bourke (£16.99, Ryland Peters & Small). The book is available to readers for £11.99 including postage & packaging by telephoning Macmillan Direct on 01256 302 699 and quoting GLR K2K.

SWEDE CAKE

Prepare: 25 minutes,
plus cooling time
Cook: 30 minutes

150g swede, peeled and grated – squeeze any excess moisture out using kitchen towel
3 free range eggs
100ml vegetable oil
100g natural yoghurt
175g caster sugar
2 tsps vanilla extract
250g plain flour



2 teaspoons baking powder
½ teaspoon bicarbonate of soda
2 teaspoons ground nutmeg
Pinch of salt

For the frosting:

110g butter
110g cream cheese
250g icing sugar
1 teaspoon vanilla extract

1. Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a 9 inch square cake tin, then line with greaseproof paper.
2. In a large bowl, beat together the sugar, eggs, yoghurt, oil and vanilla essence. Pour in the grated swede and mix together. Next, add in the flour, baking powder, bicarb, nutmeg and salt and stir until combined completely.
3. Using a spatula, pour the mixture into your cake tin and bake for 25 to 30 minutes – a skewer inserted into the centre of the cake should come out clean. Leave in the tin to cool for 10 minutes before tipping out onto a cooling rack. Remove the greaseproof paper and leave until completely cool.
4. For the cream cheese frosting: beat together the butter and cream cheese, then add the icing sugar a little at a time until smooth and creamy. Add a drop of vanilla extract. Cover the top of the cake with the frosting, and then dust with a little grated nutmeg. Chopped nuts would also make a great decoration. Cut into squares and serve.



BROCCOLI & STILTON SOUFFLÉS

Serves: 6

Prepare: 15 minutes

Cook: 15–20 minutes

50g butter, plus extra for greasing
3 tbsp Cooks' Ingredients Breadcrumbs, or similar
300g purple sprouting broccoli, leaves removed and cut into florets
60g plain flour
300ml semi-skimmed milk, warmed
¼ tsp freshly grated nutmeg
100g Waitrose Long Clawson Creamy Blue Stilton
4 medium free range eggs, separated

1. Preheat the oven to 200°C/400°F/Gas Mark 6. Grease 6 large ramekins with butter then sprinkle in the breadcrumbs and roll around until the base and side are evenly coated.
2. Cook the broccoli in a large pan of boiling water for 5 minutes until tender. Drain well.
3. Meanwhile, heat the butter in a pan until melted then stir in the flour and cook for 2 minutes. Beat in the milk (don't worry if it's a little lumpy), bring to the boil and simmer for 2 minutes until thickened. Remove from the heat.
4. Add the broccoli to the pan then, using a handheld blender, purée the mixture until smooth. Beat in the nutmeg, cheese and egg yolks.
5. In a separate bowl, whisk the egg whites until stiff then gently fold into the broccoli mixture. Spoon into the ramekins and bake for 15–20 minutes until risen and golden. Serve swiftly.

Recipe courtesy of waitrose.com



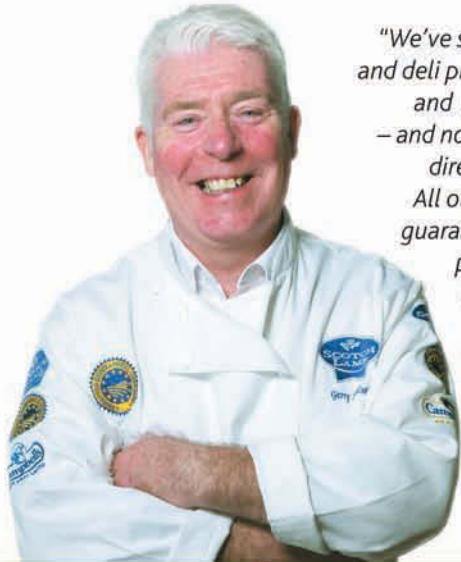
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Scotch Pork Loin Steaks	2	6oz/170g
Scotch Pork Loin Mini Roast	1	1lb/454g
Scotch Lamb Barnsley Chops	2	6oz/170g
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Devon

With its rolling hills, stunning beaches and cosy, tucked-away pubs, Devon boasts some of the most varied and appealing landscapes in the UK – no wonder it's a holiday destination for so many of us! A perfect combination of coastline and countryside, Britain's third largest county also has National Parks, rustic villages and historic buildings to explore, not to mention super food and drink. With amazing meat, dairy, beer, seafood and regional baking, it ticks all our boxes!



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MANNA FROM DEVON

With both a northern and southern coastline, Devon is known in particular for its fantastic seafood; huge, juicy crabs, plump scallops and all sorts of fish straight off the boat. Go inland and you'll find cream teas aplenty, rare breed meat of all kinds and acres of orchards for the county's national drink, scrumpy cider. It really is a region ripe for discovery





The Devonshire Cream Tea is said to have been created in the late 11th century by monks who were rebuilding Tavistock Abbey after it was plundered by Vikings. As it was such labour-intensive work, the monks ate high calorie foods like bread, clotted cream and jam. The bread was eventually replaced with sweeter bakes, and became popular throughout the area.

These little buns, split and filled with jam and cream, make a great alternative to scones for a Devonshire Cream Tea. If making them more than a day in advance, it's better to freeze them, then thaw and warm through in the oven before serving.

DEVONSHIRE SPLITS

Makes: 12

Prepare: 25 minutes, plus proving and cooling time

Cook: 15 minutes

500g strong white bread flour, plus extra for dusting
 ½ teaspoon salt
 25g caster sugar
 10g easy-blend yeast
 25g unsalted butter, melted, plus extra to grease
 300ml hand-hot milk

To serve:

Clotted cream
 Strawberry or raspberry jam
 Icing sugar, for dusting

1 Put the flour, salt, sugar and yeast in a large bowl. Add the butter and milk. Mix with a round bladed knife to make a fairly soft dough, adding a dash more hot milk or water if the dough feels

dry. Turn out onto a floured surface and knead for 10 minutes to make a smooth, elastic dough. Place in a lightly greased bowl, cover with cling film and leave in a warm place for about 1 hour or until the dough has doubled in size.

2. Grease a large baking sheet. Punch the dough to deflate it and turn out onto a floured surface. Divide into 12 pieces and shape each into a ball. Space well apart on the baking sheet. Cover loosely with greased cling film and leave for 20 minutes. Preheat the oven to 200°C/400°F/Gas Mark 6.
3. Bake the buns for 10-15 minutes until risen and pale golden. Transfer to a wire rack to cool.
4. Make a deep diagonal slit through the top of each bun. Ease open with a knife and fill with the cream and jam. Serve dusted with icing sugar.

Recipe courtesy of waitrose.com/recipes



The Drinks of Devon

Plymouth Gin is the only British spirit to be awarded Protected Geographical Status by the EU and is known for its unique flavour. It's been made in the city since 1793 and by the 1930s was the most widely-distributed gin in the world.

Wine is produced all over Devon, and the county is home to nearly 50 independent vineyards. The sloping hills, deep dedication of the producers and good weather have made it one of the best wine-producing regions in the UK, with many vintages winning international awards.

Cider is the traditional drink of Devon (and throughout the South West) thanks to the huge number of apple orchards in the area. As well as the more common, fizzy ciders, there are many producers of 'scrumpy' – a stronger, usually uncarbonated drink which is cloudy and much more complex and flavourful.

Say cheese



Devon is full of dairy farmers, so it makes sense that some of the UK's best cheese comes from the county too. The Cheese Shed is the place to head to for all your Westcountry cheese needs – unheard of Devonshire varieties like Chipotle, Sharpham Elmhurst and Posbury can be bought from the online shop, as well as lots of local chutneys, biscuits and ciders.

thecheeseshed.com



Crab is a big deal in Devon, with shacks serving them dressed, in sandwiches or whole dotted along the coastline. These crab cakes highlight the combination of sweet crabmeat, spices and the zing of fresh herbs, giving you gorgeous nuggets of fried crab deliciousness

CRAB CAKES

Serves: 4

Prepare: 15 minutes, plus chilling time

Cook: 15 minutes

3 tbsps vegetable oil, plus extra for frying
1 cinnamon stick, split lengthways
5 cloves
5 green cardamom pods
1 star anise
2 tbsps brown mustard seeds
1 banana shallot, peeled and finely chopped
2 tbsps garlic and ginger paste
2 green finger chillies, deseeded and finely chopped
½ tsp turmeric

100g brown crabmeat
250g floury potatoes, peeled, boiled and mashed
150g white crabmeat
1½ tbsps finely chopped coriander
1 tsp finely chopped dill
1 lime
3 large free-range eggs
3 tbsps plain flour
8 tbsps fresh white breadcrumbs
Sea salt and freshly ground black pepper
Yoghurt, to serve

1. Heat the oil in a frying pan, add the cinnamon stick, cloves, cardamom and star anise and fry over a medium heat for 5 minutes. Add the mustard seeds and when they start popping, add the shallots. Cook for a further 2 minutes. Stir in the garlic and ginger paste and cook for 1 minute.

2. Remove the cinnamon, cloves, cardamom and star anise, then stir in the chillies and turmeric. Reduce the heat to very low and add the brown crabmeat. Cook for 2 minutes to warm through then remove from the heat.

3. Transfer the mixture to a large bowl and add the mashed potato, white crabmeat, coriander, dill and a squeeze of lime juice (save the other lime half for serving). Beat one of the eggs and add to the mixture; mix until well combined. Season to taste, then chill in the fridge for an hour or so, until firm enough to handle.

4. With wet hands, shape the mix into spheres – you should get 12 balls slightly smaller than a golf ball. Flatten them slightly and dust with flour. Refrigerate again for an hour to firm up (or make these a day in advance). Beat the remaining eggs. When ready to cook, dust the crab cakes in more flour, then the beaten egg and finally the breadcrumbs.

5. Pour the oil for frying into a large, heavy pan to a depth of 5cm. Heat to 190°C/375°F, or until a cube of bread sizzles and turns golden in 20 seconds. Deep-fry the cakes until golden and hot through, cooking in batches of 3 or 4 at a time. Drain on kitchen paper and serve with yoghurt and a squeeze of lime.

Recipe taken from *Spice* by Dhruv Baker (£25, Orion)



PLACES OF *Interest*

A little taste of Devon's foodie and cultural highlights





1. Dart Valley Cottages offers all sorts of lovely self-catered holiday cottages for people visiting the area. The majority of the homes are based in quaint little villages near the River Dart, with a nice selection in the beautiful towns of Totnes and Dartmouth too. If you're looking for a seaside retreat, it has plenty of cottages on the famous Devonshire coast as well.

dartvalleycottages.co.uk

2. Brixham Fish Market sees over £25 million worth of fish landed every year, which is then sent to both top restaurants all over the world and fishmongers just a few minutes away. If you want to see an auction in action, get there early (tours can be arranged), or just explore the lovely town of Brixham and try some of the incredibly fresh fish, caught that very same morning. bxta.co.uk



3 Darts Farm Shop, near Exeter, sells its own homegrown produce as well as the best that Devon has to offer. Amazing meat, fresh fish and ciders aplenty are what it's famous for, and there are lots of lovely local arts and crafts stalls setting up shop inside. It's a must-visit for anyone wanting to taste the very best of the county.
dartsfarm.co.uk



4. Ashburton Cookery School is one of the UK's best, with over 40 courses for home cooks wanting to take their skills to the next level. You can learn how to host the ultimate dinner party, gain the knowledge needed to fillet and prepare fish, focus on a specific cuisine or, if you're looking for something a bit more relaxed, attend a half day pasta-making lesson.
ashburtoncookeryschool.co.uk



WHERE TO EAT

The county's top restaurants



1. River Cottage Canteen in Axminster celebrates the institution's famous ethos about the very best seasonal, locally produced food. The open kitchen adds a bit of theatre to the whole experience and the simple menu really lets the ingredients shine through. The Sunday roasts are a highlight – sharing plates piled high with spuds and veg means the whole family can dig in. rivercottage.net

2. The Crab Shack on the Beach is known for one thing – you might be able to guess – and does it incredibly well. The staff have owned their own fishing boats for nearly 30 years, which allows them to hand-pick the very best of the catch and return



anything else back to the sea alive. If you don't fancy tackling an entire crab yourself, the sandwiches and soup are renowned throughout Devon. crabshackonthebeach.co.uk

3. Gidleigh Park is home to top chef Michael Caines, and is one of the few double Michelin starred restaurants in the UK. While it's hardly a place you drop into for a 'spot of lunch', if you're willing to spend then you can indulge in unbelievably good dishes such as



Native Lobster Salad with Cardamom, Lime & Mango Vinaigrette – just the first of nine courses that each look like a work of art. The wine list is one of the biggest and best in the UK too. gidleigh.co.uk

4. The Elephant is a two storey restaurant – there's an informal brasserie on the ground floor, and then the Michelin-starred The Room above. Many of the ingredients are from its own dedicated farm in Brixham, and head chef Simon Hulstone does amazing things with simple, local ingredients. While The Room is closed between October and April, the brasserie's tasting menu is just as luxurious and amazing value for money. elephantrestaurant.co.uk

5. The Masons Arms is a 13th century inn and Michelin-starred restaurant on the edge of Exmoor. It's another place that takes local ingredients, cooks them to perfection and simply serves them on the plate, letting the food speak for itself. The local cheeseboard is a real treat – farmhouse varieties from Devon and Somerset served with plenty of crackers, chutneys and delicious preserves. masonarmsdevon.co.uk



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Devon FOOD HEROES

Meet two champions of the region's fantastic food and drink scene



"THE SCHOOL HAS SUCH BREATHTAKING VIEWS THAT IT'S SOMETIMES A JOB TO GET THE STUDENTS TO PAY ATTENTION!"

Steven Lamb, brand ambassador of River Cottage

Located near Axminster on the Devon/Dorset border, River Cottage is less a business and more a way of life, inspiring food lovers the world over to get back to the roots of what they eat and drink. It truly is one of Devon's biggest success stories, made famous by Hugh Fearnley-Whittingstall on TV and in countless books. The school welcomes around 20,000 students every year, offering courses on specialist skills like butchery, foraging and growing your own vegetables, to more traditional cookery classes and all kinds of special events and dinners.

"Our journey has been quite unique; in early 2012 we lost the main barn to a fire, which was devastating at the time," starts Steven. "But it's testament to the spirit of the team that we picked ourselves up and ran the school from a large marquee in one of the fields while re-building took place."

The new remodelled school is certainly a sight to behold, and it now has the facilities to offer a wider selection of courses than ever before.

"There's something for everyone so it's not uncommon for people to return throughout the year. Each course has an inspirational element to it, and

the aim is to get people to feel inspired and confident enough to continue their learning in their own environment," explains Steven. "Nothing seems unusual to us, but we always like to put an element of challenge into a course or dinner. We like to champion the ingredients that might not be very common for some people, such as offal, wild foraged food or lesser-known sustainable fish, and make them the star attraction."

The gorgeous Devon landscape also plays a part in making River Cottage so unique. "Our location reinforces all that we believe in. We are surrounded by beautiful rolling hills, woodland and coastline, and the new school has such breathtaking views that it's sometimes a job to get students to pay attention! Particularly professional chefs who have probably worked in a dark kitchen in the basement of a restaurant for years."

Having a connection to such an iconic TV show is certainly a big draw, but Steven believes this is secondary to the knowledge and enthusiasm of the teaching team. "There is a strong culture of quality at River Cottage and everyone knows the standards we adhere to – it isn't a corporate line but one of a close knit bunch of talented individuals with have a passion for communicating what they love."

rivercottage.net





"AS A FARMER I HAVE A DUTY TO PROTECT THE LANDSCAPE AND WILDLIFE THAT SHARES IT WITH US FOR FUTURE GENERATIONS"

Mary Quicke MBE, managing director of Quicke's Traditional

Local legend Mary is the 14th generation of the Quicke family to run Home Farm at Newton St Cyres and the second generation to create award-winning cheese. Today, the business employs 33 amazingly dedicated people in a variety of roles, from overseeing 1500 acres of land and a beautiful herd of 500 cows, to producing the company's multi award-winning cheeses.

"Everyone's role is vital and we are all committed to sharing in the success of the business," says Mary. "We strive to make the very best possible clothbound cheddars in the UK and to produce cheese that is consistently first class. But it is not just making cheese that's valued at Quicke's; it's also equally about farming responsibly; caring for the environment and our livestock. Our location is stunning and as a farmer I have a duty to protect the landscape and wildlife that shares it with us for future generations."

When it comes to cheese making, Mary and her team have very high standards. "Every cheese is handmade and we use heritage cultures and original recipes dating back generations. I think that our traditional methods are undertaken within an inspiring culture of ingenuity

and experimentation. We have a dynamic team who are happy to innovate and pioneer new techniques, so for example our specially bred cows are grazed outside for 10-11 months a year. No one else does this in the UK."

The dairy also incorporates a farm shop and café, making it an increasingly popular destination in its own right. "We're fortunate that Devon is such a foodie hot spot, so we have an incredible selection of artisan treats. There is enough scope and diversity in the stock we carry to make shopping here frequently a practical option." The team have also started offering guided tours to give visitors a glimpse behind the scenes. "It's a fascinating process to watch and people can see first-hand how labour intensive cheese making is when done properly." quicke.co.uk





EAT
LOCAL

Devon

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4. Riverford Smoked Chicken Tarts, £4.45 for 2 from riverford.co.uk
5. Dartmoor Chilli, £4.98 from thecheeseshed.com
6. Riverford Treacle Tart, £6.45 from riverford.co.uk
7. The Proper Marmalade Company Pink Grapefruit Marmalade, £3.80 from cranfieldsfoods.co.uk
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Jamie's COMFORT FOOD

Jamie Oliver takes some of Britain's favourite comfort foods to the next level with these reinvented classics

SHEPHERD'S PIE

Serves 8–10
6 Hours 30 Minutes
plus cooking
508 Calories

Roast Lamb

1 small shoulder of lamb, bone in (2kg)
Olive oil

Filling

4 red onions
4 carrots
4 sticks of celery
1 medium swede
A few sprigs of fresh rosemary
1 heaped tbsp plain flour

Toppings, sides and bottoms

2.5kg Maris Piper potatoes
2 good knobs of unsalted butter
100g Cheddar cheese
2 sprigs of fresh rosemary
60g fresh breadcrumbs

Preheat the oven to 170°C/325°F/Gas Mark 3. In a snug-fitting high-sided roasting tray, rub

the lamb all over with a little oil and a good pinch of sea salt and pepper. Add a splash of water to the tray, then roast for 4 hours, or until the meat is tender and will fall away from the bone. Remove from the oven and leave to cool in the tray, then lift the lamb out onto a board, take all the meat and crispy skin off the bone and roughly chop it, reserving the bones. Skim away any fat from the tray and pop it into a clean jam jar. Add a splash of boiling water to the tray and stir around to pick up all the lovely sticky bits from the bottom. Keep it all to one side.

For the filling, peel and roughly dice the onions, carrots, celery and swede, then put them into your biggest pan on a medium-high heat with 2 tablespoons of reserved lamb fat. Strip in the rosemary leaves, then fry the veg for 20 minutes, or until lightly caramelized, stirring regularly. Stir in the flour, lamb, bones and tray juices, then pour in 1.5 litres of water. Bring to the boil, then put the lid on and reduce to a gentle

simmer for 40 minutes, or until you've got a loose, stew-like consistency, stirring occasionally. To guarantee intense gravy and a tender but dense filling, remove and discard the bones, then place a large coarse sieve over a pan and, in batches, spoon the lamb stew into the sieve. Let the gravy drip through, and after a couple of minutes, when you get a dense pile of meat and veg in the sieve, transfer that to a bowl, leaving the gravy in the pan. Separately freeze half the cool meat and gravy for another day.

For the topping, sides and bottom, peel and roughly chop the potatoes and cook in boiling salted water for 12 to 15 minutes, or until tender. Drain and leave to steam dry, then add the butter, grate in half the cheese, season to perfection with salt and pepper, mash well and cool completely. Preheat the oven to 200°C/400°F/Gas Mark 6. Use a little reserved lamb fat to grease the inside of a large pie dish (25cm x 30cm), then pick and tear over the rosemary leaves and sprinkle

“Competition for the best burger in London has gone mad. Some burgers are gourmet and piled high with toppings, whereas others are thinner, simpler, wrapped in paper, steamy and sloppy. All I can say is my insanity burger is going to be right up there – the method is almost ritualistic in what it requires you to do to get close to burger perfection. I’ve also used the brilliant technique of brushing the burgers with mustard and a dash of Tabasco Chipotle sauce as they cook to build up an incredible gnarly layer of seasoning”



with half the breadcrumbs – they'll stick to the fat and add an incredible crunch. A handful at a time, press the cooled mash into the dish, covering the bottom and sides with a 1cm-thick layer. Spoon in the filling and a couple of spoonfuls of gravy, smooth out, then top with the remaining mash, pat it flat, scuff it up with a fork and pinch it at the edges. Grate over the rest of the cheese, scatter with the remaining breadcrumbs and drizzle lightly with oil. Importantly, bake on the bottom of the oven for 1 hour 10 minutes, or until crisp and golden. Warm your gravy through (reducing if desired) then serve the pie with loads of seasonal greens or peas and lots of condiments.

INSANITY BURGER

**Serves 4
35 Minutes
plus chilling
694 Calories**

800g quality minced chuck steak
Olive oil
1 large red onion
1 splash of white wine vinegar
2 large gherkins
4 sesame-topped brioche burger buns
4–8 rashers of higher-welfare smoked streaky bacon
4 tsps American mustard
Tabasco Chipotle sauce
4 thin slices of Red Leicester cheese
4 tsps tomato ketchup

Burger Sauce

½ of an iceberg lettuce
2 heaped tsps free-range mayo
1 heaped tbsp tomato ketchup
1 tsp Tabasco Chipotle sauce
1 tsp Worcestershire sauce
Optional: 1 teaspoon brandy or bourbon

For the best burger, go to your butcher's and ask them to mince 800g of chuck steak for you. This cut has a really good balance of fat and flavoursome meat. Divide it into 4 and, with wet hands, roll each piece into a ball, then press into flat patties roughly 12cm wide and about 2cm wider than your buns. Place on an oiled plate and chill in the fridge. Next, finely slice the red onion, then dress in a bowl with the vinegar and a pinch of sea salt. Slice the gherkins and halve the buns. Finely chop the lettuce and mix with the rest of the burger sauce ingredients in a bowl, then season to taste.

I like to only cook 2 burgers at a time to achieve perfection, so get two pans on the go – a large non-stick pan on a high heat for your burgers and another on a medium heat for the bacon. Pat your burgers with oil and season them with salt and pepper. Put 2 burgers into the first pan, pressing down on them with a fish slice, then put half the bacon into the other pan. After 1 minute, flip the burgers and brush each cooked side with ½ a teaspoon of mustard and a dash of Tabasco. After another minute, flip onto the mustard side and brush again with another ½ teaspoon of mustard and a second dash of Tabasco on the other side. Cook for one more minute, by which point you can place some crispy bacon on top of each burger with a slice of cheese. Add a tiny splash of water to the pan and place a heatproof bowl over the burgers to melt the cheese – 30 seconds should do it. At the same time, toast 2 split buns in the bacon fat in the other pan until lightly golden. Repeat with the remaining two burgers.

To build each burger, add a quarter of the burger sauce to the bun base, then top with a cheesy bacon burger, a quarter of the onions and gherkins. Rub the bun top with a teaspoon of ketchup, then gently press together. As the burger rests, juices will soak into the bun, so serve right away, which is great, or for an extra filthy experience, wrap each one in greaseproof paper, then give it a minute to go gorgeous and sloppy.

CHOCOLATE CELEBRATION CAKE

**Serves 16
2 Hours
542 Calories**

Sponge
250g unsalted butter, plus extra for greasing
150g quality dark chocolate (70%)
2 tsps olive oil
300g caster sugar
6 large free range eggs
150g self-raising flour
4 tsps quality cocoa powder

Chocolate Rice Layer
300g quality dark chocolate (70%), or quality milk chocolate, plus extra to serve





“Every household needs a blooming good chocolate cake in their repertoire, whether it’s just for the hell of maintaining your chocolate quota, or of course for those special occasions where you need a freshly baked cake, or need to arrive somewhere with a showstopper in hand. Regardless, this chocolate celebration cake will reset everyone’s expectations of what a chocolate cake should be – it’s delicious, it has incredible texture, it looks absolutely amazing, and it’s a pleasure to make and watch people enjoying”

75g unsalted butter
1 tbsp runny honey
100ml double cream
100g puffed rice cereal

Nougat Frosting

2 large free range egg whites
3 tbsps runny honey
200g caster sugar
1 level tsp cream of tartar
 $\frac{1}{2}$ tsp vanilla extract
Optional: $\frac{1}{2}$ tsp orange blossom or rose water

Preheat the oven to 180°C/350°F/gas 4. Grease and line a deep 23cm loose-bottomed cake tin, lining the base

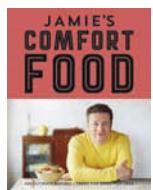
and sides with a double layer of greaseproof paper. For the sponge, smash up the chocolate and melt in a large heatproof bowl with the butter, oil and sugar over a pan of gently simmering water until smooth and glossy. Remove the bowl from the heat and leave to cool for 10 minutes, then, using an electric hand whisk at high speed, one-by-one beat in the eggs until combined. Sift in the flour and cocoa with a good pinch of sea salt and beat for a short while until just combined. Pour into the prepared tin and bake for around 50 minutes, or until an inserted skewer comes out ever so slightly gooey (the top

of the cake will rise up and crack slightly, but don’t worry, it’ll end up covered by all your lovely toppings). Leave to cool in the tin for 15 minutes, then transfer to a wire rack to cool completely. Place on a cake stand, use a long knife to carefully slice the sponge into 3 equal rounds and remove the top two sponges to separate plates (go to jamieoliver.com/how-to to see how to do this).

For your chocolate rice layer, smash up the chocolate and melt with the butter, honey, cream and a pinch of salt in a large heatproof bowl over a pan of gently simmering water until smooth and glossy. Leave to cool for 5 minutes (to avoid soggy cereal!), then stir in the puffed rice until evenly coated. Divide the mixture onto the 3 cooled sponge layers and spread out evenly across the tops, going right to the edges. To make the nougat frosting, place the egg whites in a heatproof bowl with the honey, sugar, cream of tartar, a good pinch of salt and a splash of water. Place over a pan of gently simmering water, turn up the heat, and with an electric hand whisk beat for 6 to 7 minutes, or until it starts to form peaks.

Remove the bowl from the heat, add the vanilla extract and orange blossom or rose water (if using), then carry on beating the mixture until thick.

Leave to cool for 5 to 10 minutes, then evenly top each sponge and stack them up neatly. To finish the cake off nicely, use a large knife to shave some extra chocolate, then sprinkle it over the top (there’s a video on jamieoliver.com/how-to to show you how to do this). Add your candles or sparklers, get them lit and indulge in chocolate celebration cake heaven. Enjoy!



Recipes taken from *Jamie's Comfort Food*, published by Michael Joseph. Recipe © Jamie Oliver.

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Valentine's KITCHEN

Our new columnist Valentine Warner is known for his near encyclopedic knowledge of British food and the natural world – and we're delighted to have him on board!

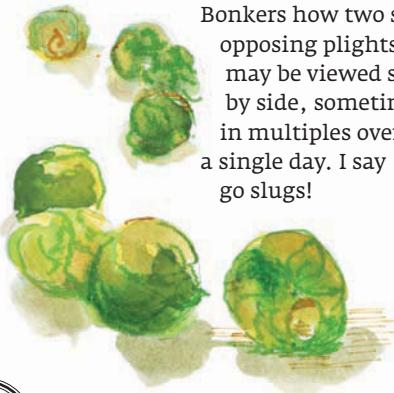
Welcome!

I'm not writing this in January, but as a brassica frenzy has already kicked off at my house I thought it helpful to sit down to this first hello with a large bowl of invigorating, delicious Brussels sprouts, dressed in sesame oil, Japanese soya sauce, lemon and black pepper. That dish in time will become January's medicine against gloomy feelings or cabin fever.

First of all I'd like to say thanks for having me to stay. What will my arrival and baggage bring? Well words on food, of course, and nature as well (the two must not be seen separately), some stories and those things that puzzle me.

In the dentist this morning, in one hand I had a gossip magazine declaring 'I'm not sure Simon will marry Lauren' – Sinitta (I'm writing this in November, remember, so I'm sure you know by now) or 'I can't bear losing control of my body again' – Kim Kardashian. While in the other hand I had a magazine with an article on the rapid decline of various species, including the techno pink Kaputar slug that lives on top of only one mountain in Australia.

Bonkers how two such opposing plights may be viewed side by side, sometimes in multiples over a single day. I say go slugs!



Good game...

So I've just declared my love for nature, yet my gun is a kitchen utensil that provides food for my table. Can one really be an animal lover, conservationist and hunter? Well I truly believe so. What some may see as my sad frozen cemetery is a supply of winter nourishment and wonderful game, an array of

dishes – cooked with care – that will see me buy little from the butchers shop until late spring. Although this idea of respect in the field is a complicated argument, self regulation of how much one takes and goes about it hopefully brings some balance to taking life.



Whiskey in my jar!

Just to let you all know that I am presently building an exciting new whiskey and gin distillery in the Northumberland National Parks. I'll occasionally let you know about the curious herbs we have to gather off the rain and wind lashed moors, our rather edgy scientific equipment and the (hopefully) well behaved still who as yet remains nameless. Summer's visiting curlews will definitely get a column of their own too!

“Can one really be an animal lover, conservationist and hunter? Well I truly believe so”

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VENISON
CUTLETS WITH
CHANTERELLES

BUCKING THE TREND

After a warm summer feeding off bumper vegetation, venison is as good it can get this year with sales of the meat quadrupling since 2013. So are consumers finally looking past its rarefied image and seeing venison as a meat for everyday, asks Alice Whitehead?

.....

“Butchering our own meat means we have complete control over the quality, age, tenderness and flavour of the venison”

.....

Once the preserve of royalty, venison has long locked horns with shoppers over ingrained misconceptions about its rich flavour and even richer fan base – but it seems the tide has finally turned. Bucking its posh image and flavour fallacies, demand for venison is at an all-time high with sales at £6.4 million, up from £1.2 million in 2013 (rocketing by more than 400% year on year)*.

While industry insiders are a little more cautious in their estimates – suggesting a 25 per cent year on year increase (with 400% surges at seasonal peaks) – it's clear that venison is leaping from special occasion to everyday favourite. So could the 2008 campaign to get us to all to eat more in order to control Britain's soaring wild deer numbers be behind its popularity, or is something else going on?

Learning to Play the Game

With 40 years in venison farming, and an MBE for ‘services to the venison industry’, Nichola Fletcher of Seriously Good Venison, Perth, could be considered the ‘grande dame of deer’, and it’s her and husband John’s tireless work that has changed the face of the industry. “When we started out, things were in a very bad state,” she says. “It was undervalued and most of the meat was being shipped off abroad. We were the first venison farmers in Britain.”

Nichola suggests myths about venison’s strong flavour and tough texture grew out of ignorance about the differences between wild and farmed. Generally wild venison comes from stock that is allowed to roam free, with minimal intervention, while farmed comes from young stock (below 27 months old) raised on enclosed pasture.

“Venison is unlike any other meat because it can be a wild product or a farmed product, and, in the early days, while farmed venison was generally young and tender red deer, wild venison could be shot at any age and can come from any species i.e. red, roe, fallow, muntjac etc, meaning huge differences in the size and quality.

“For years wild venison was not produced for meat either, and we had to do a lot of work to train stalkers and gamekeepers to handle it properly.” What this meant, says Nichola, is that when people ordered wild venison in restaurants it could be tough and gamey, and, without proper labeling to differentiate what kind of deer it was, it was hard to cook.

Nigel Sampson, director of Holme Farmed Venison, based in Yorkshire, and chairman of the British Deer Farms and Parks Association (BDFPA) says careful selection and good butchery has vastly improved quality. “The wild boys have caught up,” he says. “They’ve improved the speed of the kill, the speed at which it’s slaughtered and they are generally shooting younger stags so the meat is much more tender.”



The Chef

“Try different breeds of venison as they are all subtly different or venison liver, which is a real delight – a stalkers treat. Just don’t tell my mother as it’s her favourite and hard enough for her to source as it is, without it becoming fashionable!”

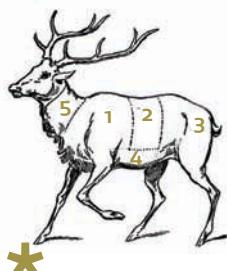
Mark Hartstone, chef proprietor of La Fosse in Cranborne



The Supermarket

In November 2014, Northern England supermarket chain Booths took delivery of its first ‘British Wild’ venison, a fully traceable, native wild venison that comes from all species of deer during legal seasons with no supplementing from abroad.





The best cuts

- 1 Saddle
- 2 Haunch
- 3 Shoulder
- 4 Flank
- 5 Neck



The Producer

"Venison is unlike any other meat because it can be a wild product or a farmed product, and, in the early days, while farmed venison was generally young and tender red deer, wild venison could be shot at any age and can come from any species i.e. red, roe, fallow, muntjac etc, meaning huge differences in the size and quality, For years wild venison was not produced for meat either, and we had to do a lot of work to train stalkers and gamekeepers to handle it properly"

Nichola Fletcher of Seriously Good Venison, Perth



“Keep things extra seasonal by using frozen British berries in this dish”

VENISON
STEAK WITH
BLACKBERRIES



With wild venison so improved, and, by some accounts, running rife in our countryside, why is it, then, we continue to import so much from New Zealand?

"There's long been an outcry that we're not making the most of native wild deer, but it has taken time to put together a trusted network of good suppliers to guarantee quality at every step," explains Nigel. This year, venison quality has been helped by the warm summer, which has provided huge reserves of wild food for the deer, and more awareness of venison's lean, high-protein and Omega-3 packed health credentials.

The result? In November 2014, Northern England supermarket chain Booths took delivery of its first 'British Wild' venison, a fully traceable, native wild venison (sold through Nigel's Holme Farmed Venison) that comes from all species of deer during legal seasons with no supplementing from abroad. And, for the first time, including on-package 'species code' that allows shoppers (in the north at least) to tell exactly what type of deer the meat is from.

Cooking Rut

But despite producers' best efforts, the notion that venison is difficult to cook is still hard to shift. Jane Emerson, who runs Deer 'n' Dexter with husband Peter Stoeken, in an idyllic location near Penrith, says it comes back to butchery. "Victorian recipes were all about marinating it in alcohol but this was because the way it was handled made it unpalatable," says Jane, who has spent 25 years in the industry. Jane's grass fed deer are slaughtered in an on-site abattoir, which means they go from live animal to fresh product within 30 minutes, and are 'seam butchered' on site, meaning the carcass is prepared by cutting along the natural seams between the muscles (rather than across them as in traditional butchery), and this allows for less sinew.

"As long as you have a really good quality steak, just pop it in the fridge for 20 minutes with oil and spices and then slice and stir-fry for 1 minute either side." says Jane, who is appearing in James Martin's BBC show *Home Comforts* this spring. In fact, many professional chefs are now moving away from traditional stews, with their lashings of juniper berries (long used to cover up the stink of well-hung trophy animals), for something more modern.

Richard Gladwin, one of the three brothers behind Notting Hill Gate restaurant The Shed, sources venison from his brother Gregory's farm in West Sussex, and offers "slow and fast cook" dishes such as 'Red Deer Tartare' and a 'Venison Cigar': slowly braised shoulder, belly and shin, cooked for 8 hours, and rolled into a filo pastry cigar. "Butchering our own meat means we have complete control over the quality, age, tenderness and flavour of the meat," says Richard.

Chef John Burton Race, from The New Angel, Notting Hill, also believes you don't need to marinade venison for hours on end. "It actually pickles and burns the outside of meat," he says. "The best way is just to clean it and then leave it in some chopped vegetables, herbs and spices, which will take on all the flavours. Then you can roast them together to your liking."

And don't be afraid to be more adventurous with venison says Mark Hartstone, chef proprietor of La Fosse in Cranborne. "Try different breeds of venison as they are all subtly different or venison liver, which is a real delight – a stalkers treat. Just don't tell my mother as it's her favourite and hard enough for her to source as it is, without it becoming fashionable!"

Deer Demand

But with interest at an all time high, and a continued shortage of deer farmers (there's only around 100 in the country), will there ever be a day when we can rely solely on our own home grown stock? "Much

VENISON CUTLETS WITH CHANTERELLES

Serves: 4

Prepare: 30 minutes

Cook: 25 minutes

8 venison cutlets or steaks
Salt and freshly ground black pepper
1 tbsp sunflower oil
115g butter
1 shallot, peeled and finely chopped
450g chanterelles, trimmed and sliced
100ml game stock
100ml double cream

1. Pat the cutlets dry with kitchen paper to remove any excess blood. Season well with salt and pepper. Heat the oil and half the butter in a large, heavy-based saucepan. Add the cutlets as the butter foams up and cook for 5–10 minutes, until well-browned on both sides.

2. Reduce the heat and cook the cutlets for a further 5 minutes. Then remove with a slotted spoon, set aside on a plate, and keep warm. Add the remaining butter to the pan. Stir in the shallots and the chanterelles and cook for 5 minutes, stirring occasionally.

3. Add the stock and cook until reduced by half. Stir in the cream and season. As the sauce thickens, remove from the heat. Stir in any juices that have collected from the resting cutlets. Serve with the sauce swirled around.

VENISON STEAK WITH BLACKBERRIES

Serves: 4

Prepare: 5 minutes

Cook: 15 minutes

4 venison haunch steaks
1 tbsp Sunflower oil
50g butter, chilled and diced
Salt and ground black pepper
4 tbsps red wine
2 tbsps redcurrant jelly
150g frozen British blackberries, defrosted

1. Pat the steaks dry with kitchen paper to remove any excess blood. Season well. Heat the oil and 1 teaspoon of butter in a heavy-based pan over a medium heat. Place the steaks in the hot pan and cook for 4–5 minutes on each side.

2. Reduce the heat and cook for another 5 minutes, turning once, until well-browned. Remove the meat from the pan, cover with foil, and set aside. Then add the wine, redcurrant jelly, and



★ VENISON & RED WINE STEW

“Venison is a good source of low-fat protein, and its treatment in this recipe gives it a rich, satisfying flavour”

of our venison still comes from New Zealand because there's historically been very little governmental support for deer farmers,” says John Fletcher, of Seriously Good Venison. “However, with new EU regulations offering more subsidies, we hope this will change.”

“Consumers like to think of venison as a UK product and there's definitely a requirement for more from the UK, so meat supply is our biggest challenge,” says Nigel Sampson. One way in which the BDFPA hopes to supplement stocks is by using deer from Britain's 188 deer parks. “Park deer can be termed wild because although it is enclosed it's fed in a different way and there's very little intervention,” says Nigel.

“This allows us to supplement our farmed season (thereby making more farmed venison available when wild is out of season), manage a natural resource, and reduce imports. It's a win-win situation.” With almost half a century in the industry, Nichola Fletcher has certainly seen a lot of changes. “When we started out in 1973, venison was a tiny business and we had to do an enormous amount – on a minute budget – to get chefs to cook with it and people to eat it. “When you spend your life trying to make people listen to you, it's quite a surprise when you discover that someone actually was paying attention after all!”

* KANTAR WORLD PANEL DATA, JUNE 2014

blackberries to the pan. Bring to the boil, stirring to melt the jelly.

3. Once the sauce has thickened, remove from the heat and whisk in the remaining butter. Do not boil the sauce again, or else the butter will separate. Serve the steaks with the sauce poured over.

VENISON & RED WINE STEW

Serves: 4

Prepare: 15 minutes

Cook: 2 hours, 45 minutes

3 tbsps olive or rapeseed oil
4 shallots, peeled and halved
2 celery sticks, finely chopped
1 carrot, finely chopped
2 garlic cloves, peeled and finely chopped
2 tbsps plain flour
 $\frac{1}{2}$ tsp grated nutmeg
 $\frac{1}{2}$ tsp ground allspice
Salt and freshly ground black pepper
675g boneless shoulder or other stewing venison, cut into chunks
4 tbsps redcurrant jelly
Grated zest and juice of 1 orange
300ml red wine
150ml beef stock
1 bay leaf

1. Preheat the oven to 150°C/300°F/Gas Mark 2. Heat 1 tablespoon of the oil in a flameproof casserole and fry the shallots, celery, and carrot for 3 minutes. Add the garlic and cook for 2–3 minutes more. Remove with a slotted spoon and set aside.

2. Place the flour, nutmeg, and allspice in a large plastic bag, season well, and add the meat. Shake the bag lightly to coat the meat. Tip it into a sieve and shake to remove excess flour.

3. Add the remaining 2 tablespoons of oil to the casserole. Add the meat and cook for 8–10 minutes over a medium heat, until well-browned all over. Do this in batches to avoid overcrowding the pan. Remove with a slotted spoon and set aside. Add the redcurrant jelly, orange zest and juice, wine, stock, and bay leaf to the casserole. Season and stir until the jelly has melted.

4. Return the vegetables and meat to the casserole, stir, and reduce the heat to a simmer. Cover and cook in the oven for 2–2½ hours, or until the meat is tender. Remove the bay leaf and serve hot with potato and celeriac mash.

Recipes taken from *The Meat Cookbook* (£25, Dorling Kindersley)

“Instead of berating yourself for Christmas excess, raise your glass to the New Year”

Low ABV ales have a reputation for being watery and flavourless, but our new beer columnist **Sophie Atherton** has hunted down four that really pack a punch



New Year can be as much a time of regret as it is of resolutions. Will I be found out for eating the whole box of After Eights? Should I have offered the other turkey leg to Uncle Dave? Why did I have to eat so many cheese footballs? You know the drill. It's usually swiftly followed by worries about how much you had to drink over the festive period and then a raft of unrealistic promises about diets, exercise and more diplomatic ways of re-gifting next year's unwanted presents.

But I want you to start 2015 on a high, so instead of berating yourself for the Christmas excess raise your glass to the New Year with some tasty low ABV brews which I think are one of the best ways of drinking in moderation.

There was a 1950s advert which hailed beer as being, "The best long drink in the world," and it's an idea I think we should resurrect this year. The majority of British beer is already fairly low in alcohol – around four or five per cent by volume – so for those who feel better for cutting back at this time of the year there's much to be said for swapping your wine for beer. Even better than your average 'session beer'

though are some tasty drops weighing in at 3.5% and under. You might like to think of them as the new age of light ale. They are the perfect lunchtime pint/long drink, great for hot weather (when it comes) and a brilliantly virtuous post-Christmas tipple at a time when there always seems to be someone trying to make us feel guilty for enjoying a glass or two.

In case you're worrying about what they taste like and expecting thin, watery nothings, I can assure you they don't stint on flavour either. Each one of these is as flavoursome as a higher ABV brew – so there you have it. Cheers to the New Year!

THE BEERS

'Good things come in small packages': Wiper and True, Bristol Small Beer (2.5%).

Despite its name an amazing amount of flavour is packed into this brew, so much you might not believe it's so low in alcohol – but it is. An enticing aroma of melon, mango and apricot carries through to the taste in a wonderfully bittersweet beer.

'Starring role': Adnams, Suffolk Sole Star (2.8%). Veterans of brewing tasty, traditional bitter, Adnams created this when the Government announced a duty cut for beers at 2.8% and under. Sole Star is in the mould of a classic English bitter with subtle caramel malt flavours and a decent bitterness from American hops.

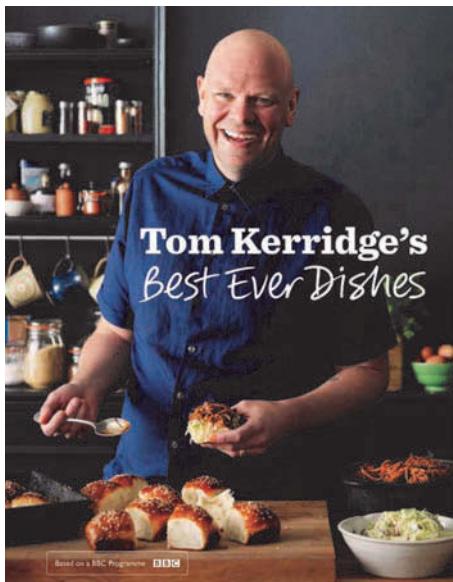
'Cult classic': The Kernel, Bermondsey, London Table Beer (3.2%). The idea of a craft beer at such a low ABV caused a lot of fuss when the Kernel first brewed it but has become a modern classic. A mango sorbet aroma gives way to a light and zesty beer that could work as an aperitif or perhaps pair nicely with creamy, herby dishes.

'Modern pale': Ilkley Brewery, West Yorkshire Mary Jane (3.5%). This is an American-style pale ale – but don't worry, pale ales were a British invention – with tropical fruit mousse character perfect for chasing away the winter blues.



GBF'S BOOKS OF THE YEAR

Dozens of cookbooks are released every month, covering everything from quick, healthy meals to how to build your own pizza oven. Here are our favourites from the past year, as well as the top picks from the UK's best chefs and writers



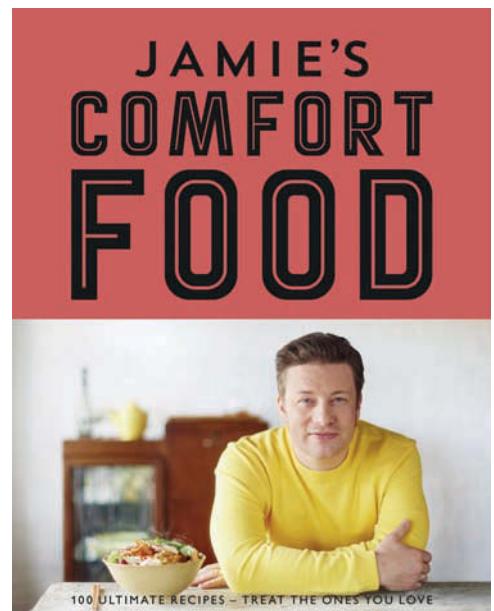
Paul Ainsworth
Michelin-starred Chef
***Best Ever Dishes* by Tom Kerridge (£10, Absolute Press)**

"Tom's a mate of mine and we work in a similar way, taking a restaurant outside London and making it a place people will travel to specifically for the cooking. This book sums up everything about why he's so successful; he takes great British ingredients, cooks them in his classic signature style and creates comforting, delicious looking dishes that you can't wait to tuck into."



Jimmy Doherty, Pig Farmer & TV Presenter
***Jamie's Comfort Food* by Jamie Oliver (£9.99, Michael Joseph)**

"I've recently purchased this – I know – I'm a bit biased as he's a good mate of mine! However, it's simply got the best recipes to take you through the Winter months. Huddled up on the sofa, in front of the fire – it's a wonderful way to enjoy family time whilst you tuck into some excellent grub. He sure knows what he's doing that Oliver boy!"



Based in Cambridgeshire, The Great British Book Shop is a bright new option for online book buying in the UK. Catering for all your reading needs, this exciting online book shop carries not only an extensive range of cookery books but is home to over 250,000 books and e-books, and offers FREE standard UK delivery on all orders.



The Great British Book Shop's Best-selling Cookbooks of 2014

1. *Mary Berry Cooks* (BBC Books, £20.00, our price £14.46)
2. *The Bay Tree: Preserving* – Emma MacDonald (Watkins Publishing, £20.00, our price £14.46)
3. *GAME* – Phil Vickery (Kyle Books, £19.99, our price £14.45)
4. *Mug Cakes* – Mima Sinclair (Kyle Books, £8.99, our price £7.85)
5. *All Things Sweet* – Rachel Allen (Harper Collins, £25.00, our price £17.46)

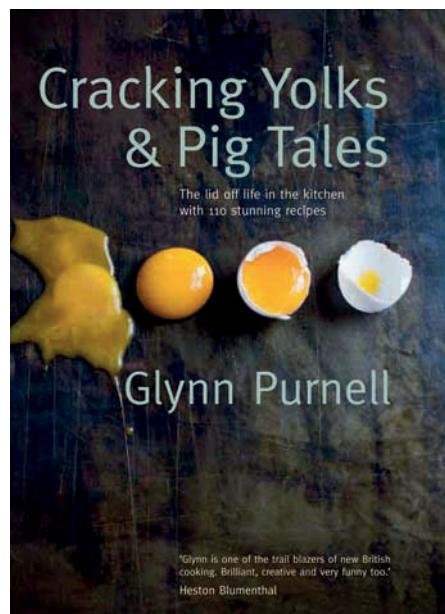
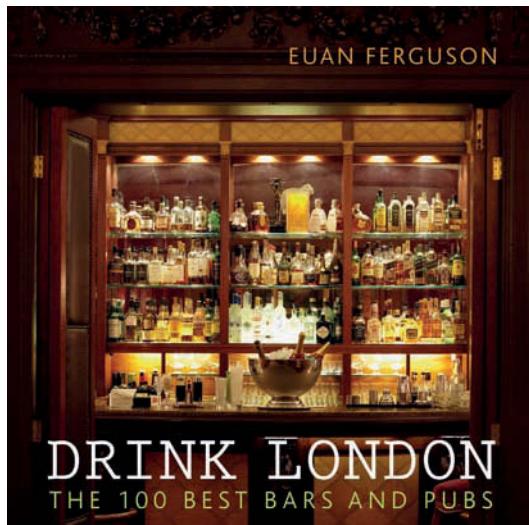
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**Sophie Atherton****Beer Writer & Sommelier****Drink London – The 100 Best Bars & Pubs by Euan Ferguson (£9.99, Frances Lincoln)**

"As an exiled Londoner (of sorts) I loved this book as much for the writing as for Kim Lightbody's photos of the capital's best boozers. Whether you're in search of the perfect pint, the best gin or a decadent cocktail it's a charming guide to put in your handbag or enjoy from your armchair."



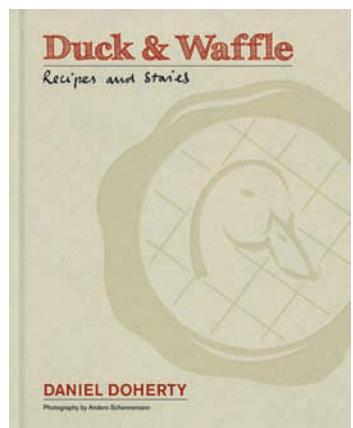
'Glynn is one of the trail blazers of new British cooking. Brilliant, creative and very funny too.'
Heston Blumenthal

Nathan Outlaw**Double Michelin-starred Chef****Cracking Yolks & Pig Tales by Glynn Purnell (£19.99, Kyle Books)**

"Whilst my Rock restaurants have their winter closure and the chance of a bit of a spruce up, I'm going to spend some time reading. As you may expect, I love cookery books and I buy far too many! This was my favourite last year because it's more than a cookery book. There are bits of narrative between the recipes; interesting little stories that add something extra. The recipes are original and full of Glynn's personality; something I think is important."

**Natasha Lovell-Smith, Editor****Chilli Notes by Thomasina Miers (£25, Hodder & Stoughton)**

"As a self-confessed chilli addict I rarely cook a meal without some kind of heat, and this vibrant cookbook from Wahaca founder Thomasina Miers proves just how versatile the ingredient is. In her own words these are "recipes to warm the heart (not burn the tongue)" and the sheer scale and variety of dishes is astonishing, from cocktails and puddings to sandwiches and roasts. And with so many different chillis now being grown in the UK, the technical information on the best uses for different varieties is really inspiring too."

**Tom Shingler, Deputy Editor****Duck & Waffle by Daniel Doherty (£25, Mitchell Beazley)**

"This first book by head chef Daniel Doherty is a celebration of his restaurant and the food he's famous for. Anything which includes a recipe for spicy ox cheek doughnuts is a winner in my book, and the accompanying photography is truly stunning. Every dish has a story behind it, and Daniel includes them, so you can see where the idea for 'Hangover Pizza' came from (you can probably guess) or how the restaurant got its name."



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DAY IN THE LIFE... of a Bartender

Tom Walker, The Savoy's award-winning bartender, tells us what it's like to man one of the UK's most famous bars

There are two main shifts for a bartender – the day shift (10am–6.30pm), which involves prepping the bar and sorting out the ingredients, and the evening shift (3pm–1am) which focuses more on making the drinks and serving.

During the day shift I could be doing anything from preparing infusions, making syrups, cutting fruit wedges and chopping an awful lot of mint. It's pretty normal for us to come in an hour early to keep on top of things. We also 'batch' a lot of our drinks (where certain cocktails are pre-mixed in large amounts for serving later), which is vital for things to run smoothly later on. We always add any syrups, juices or garnishes for each drink, so it's as fresh as possible.

The evening shifts are a little different; the bartender comes in and heads to their respective station, gets comfortable and ready to serve guests. They might replenish garnishes or liquids if necessary, but the

main role is to pour drinks and make sure the guests are having a good time. At the end of the night, the bartenders close and clean the stations and order alcohol from the cellar for the next day. We get through quite a lot of some spirits – we usually get through over ten bottles of vodka or gin on a weekend – so ordering in advance is important.

I never have trouble with guests. The only issue that might arise is the decision I make as to whether I serve them anymore, if they've already had a skinful and I make a judgement call. Drunken patrons isn't anything new, although the way a bartender handles them is dictated by his or her surroundings. When I worked at Bramble [another high-end bar in London] I would've dealt with a customer differently compared to the way I do at The Savoy. Our stature doesn't mean we don't get them; we just deal with them differently.

I always prefer talking to guests rather

than being in the back concocting new cocktails. 'Original' drinks are hard to come by these days – everything is always improved or changed from something that already exists, whether it's recent or 150 years old. I've always preferred simpler, classic drinks from the 1880s and 1950s; while molecular mixology is very eye-catching, it's just not my style.

My favourite part of the job is serving guests, but I really like setting up the bar too – there's a certain therapeutic element to it. But meeting people and trying to read them and adjust your service in tandem with their needs, without directly asking them or guiding them, is a truly fascinating aspect. The worst part of the job is cleaning mint and cucumber from the sink drain!

Tom has collaborated with Dewar's whisky to create the 'Dewar's True Scotch Collection', available at The Savoy's American Bar.



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9 IDEAS WITH... Eggs

1 Egg Drop Soup

Simmer 1 litre of stock for 5 minutes. Add sweetcorn and peas, cook for 2 minutes then vigorously stir the soup with a fork. While it's still swirling, slowly pour in 2 beaten eggs over the prongs of the fork. Keep stirring in the same direction and add a dash of lemon juice. Pour the broth over cooked noodles and serve.

2 Egg Curry

Fry 2 thinly sliced onions over a low heat for 10 minutes. Add 2 big teaspoons of curry paste and cook for 2 minutes, then pour in a can of chopped tomatoes and 200ml water. Bring to the boil, season and simmer for 10 minutes. In a separate pan, boil 8 eggs for 8 minutes, cool under running cold water, peel and halve. Add them to the sauce with peas, then serve with rice.

3 Huevos Rancheros

Make a tomato sauce by frying finely chopped garlic, onion, chillies and a can of chopped tomatoes, then season. Fry 8 eggs to your liking and place warm tortillas on 4 plates. Top each one with 2 eggs, pour over the sauce and top with refried beans and grated cheese.

Fried, scrambled, poached, boiled, baked – just a handful of ways to cook one of the world's most used foods. Here are nine recipes which highlight the egg's incredible versatility

4 Aioli

Bash a garlic clove with salt and pepper in a pestle and mortar until it forms a paste. In a separate bowl, whisk an egg yolk with a teaspoon of mustard, then start to trickle in 550ml rapeseed oil while constantly whisking. When the mixture thickens, add a squeeze of lemon juice, along with the garlic paste. Stir and season.

5 Carbonara Sauce

Beat 3 eggs in a bowl with 100g grated hard cheese. Fry 150g pancetta cubes in oil until very crispy, then add to the egg mixture. Cook 350g pasta for 9 minutes until al dente, then drain and return to the pan. Quickly pour the egg mixture over the pasta and stir. Season and serve immediately.

6 Egg Custard Tarts

Preheat the oven to 200°C/400°F/Gas Mark 6. Roll out sweet pastry, cut out 12 discs and use them to line a muffin tray. For the filling, warm 700ml milk in a saucepan. Beat 7 egg yolks with 90g sugar together in a separate bowl, then pour the milk over the top, stirring well. Fill each of the cases with the mix, sprinkle with nutmeg and bake for 25 minutes.

7 Baked Eggs

Preheat the oven to 180°C/350°F/Gas Mark 4. Butter 4 ramekins and coat with grated cheese. Wilt 500g finely chopped spinach in a little butter and rapeseed oil for 4 minutes, then squeeze out any liquid. Combine with a dash of cream, salt and nutmeg, then divide between the ramekins. Top each with an egg, season and bake for 20 minutes.

8 Fish Pie

Boil 4 eggs for 8 minutes, then drain, cool, peel and cut into slices. Poach 700g mixed smoked and unsmoked fish for 8 minutes in milk, then remove and flake, placing in the bottom of an ovenproof dish with the eggs on top. Melt 50g butter in a separate pan, add 50g flour and cook for 2 minutes. Add the milk used to poach the fish, then simmer for 10 minutes until thickened. Season, pour over the fish and leave to cool. Preheat the oven to 200°C/400°F/Gas Mark 6. Spoon mashed potato over the top of the fish mixture, then bake for 40 minutes.

9 Eggnog

Place 1.2 litres whole milk in a pan with 6 eggs, 50g sugar and a split vanilla pod and heat gently until thickened. Add 200ml brandy, stir and divide between glasses dusted with cocoa.



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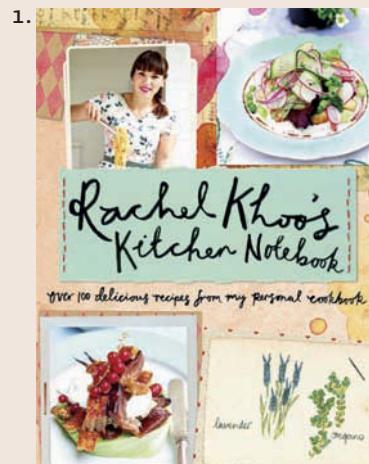
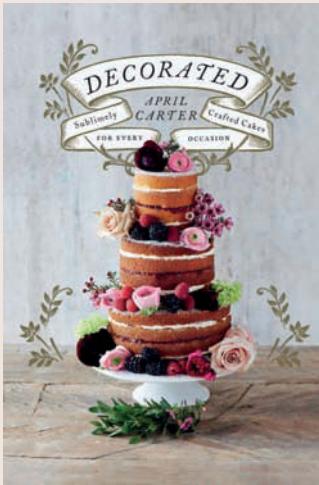
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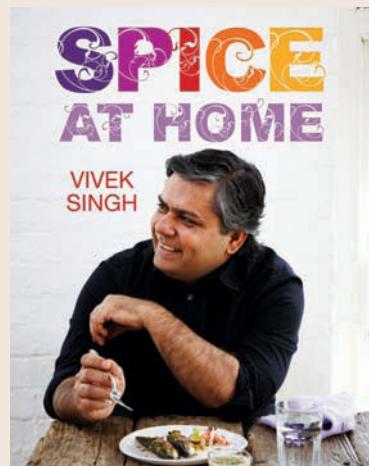
Off the PAGE

Get inspired with our round-up of the month's most tempting reads

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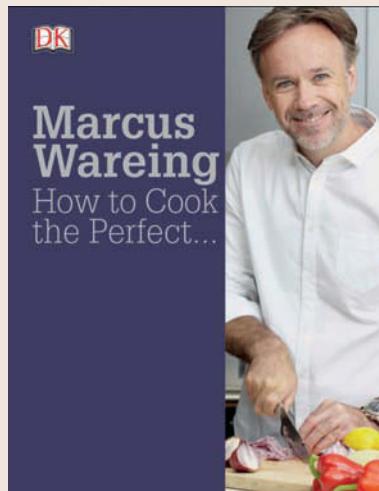
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1 *Rachel Khoo's Kitchen Notebook* (£20, Penguin)

While she built her reputation around French cuisine, Rachel Khoo's new book takes inspiration from her travels all over Europe, sharing over 100 recipes from the cook's own personal notes. It's beautifully presented, with lovely photos sitting next to sketches of the food Rachel encountered throughout her journey, and her own unique twists on classic continental dishes. There's the exotic sounding Lemon & Dill Bullar from Sweden and Pistachio & Pomegranate Cakes, to luxurious eclairs inspired by the London Underground and Slow Roast Pork Belly with Sloe Gin – both of which we can't wait to rustle up in the kitchen and tuck into. **Out 12th February**

Curry, Indian Pancakes, Chilli Chicken Toastie and Lamb Shank Rogan Josh. The instructions are simple to follow and the ingredients lists aren't full of spices that are hard to track down, making it very accessible. It's perfect for people looking to shun tradition and give some Anglo-Indian fusion cooking a go. **Out now**

3 *Decorated: Sublimely Crafted Cakes for Every Occasion* by April Carter (£20, Hardie Grant)

This book contains some of the most delicious looking cakes we've ever seen, so if you're an avid baker, make sure to pick up a copy! There are over 20 of the show-stoppers with full recipes, as well as lots of helpful step-by-step and how-to guides for some of the more complex techniques needed. There are classics like Lemon & Poppy Seed Syrup Cake, as well as more unusual projects like the giant Chocolate Chip Cookie Layer Cake, which would be perfect for a birthday party, whether the recipient is nine or 90 years old!

Out now

4 *Deliciously Ella* by Ella Woodward (£20, Yellow Kite)

Hitting on the same topic as the popular blog of the same name, *Deliciously Ella* is all about eliminating sugar, gluten and dairy from your diet without skimping on flavour. Her blog gets over two million visitors a month, and this book includes some of its most celebrated recipes, as well as plenty of new ones. It's great if you're looking for a health kick, or want to create more nutritious versions of your favourite family meals. **Out 22nd January**

5 *How to Cook the Perfect...* by Marcus Wareing (£20, DK Books)

There aren't any avant garde recipes here with weird and wonderful flavour combinations; instead, Marcus focuses on the classics, with over 80 recipes for dishes like apple pie, fish cakes, roast beef and treacle sponge. He explains how to create the best possible version of these favourites, by identifying a 'key to perfection' – the one thing you need to get right for outstanding results. **Out now**

2 *Spice at Home* by Vivek Singh (£25, Absolute Press)

A brilliant collection of spice-focused dishes from one of the UK's top chefs makes this a must-have for any adventurous cook. It marries traditional Indian food with modern British cuisine, with recipes for things like Duck Egg

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“It's fantastic seeing youngsters learn about how their food arrives at the table”

Nathan Outlaw recalls last January's high tides and talks about how important it is to get kids interested in food from an early age

Every year I promise myself that I'm not going to over-indulge during the festive season but as soon as the mince pies come out, I get sucked into the celebrations and forget my promise. Oh well, at least I have a good time!

Last January saw some of the worst storms we'd had in Cornwall for a long time and on a couple of occasions we found ourselves bailing sea water out of Outlaw's Fish Kitchen which sits at the top of the slipway in Port Isaac. I must say I find the sight and sound of the waves crashing up over the rocks truly exhilarating but the force with which the sea smashed against the front of the building and poured under the door was terrifying. The sheer power of the ocean never ceases to amaze me. Let's hope that this year's high tides and storms are a little kinder.

As my restaurants specialize in fish and seafood, the effect of poor weather is something we just have to deal with and we've had occasions when our menu has been severely restricted due to the poor catch. When we tell customers the



reason for this they genuinely haven't thought about the consequences of stormy weather and high winds. The problem is that we are all so used to just popping into the supermarket and picking up whatever we fancy, we've either never thought to ask questions about how and where our food is produced.

I've been working with a couple of schools recently and it's been fantastic seeing youngsters learn about how their food arrives at the table. I was astounded when told that one child didn't know that chips were made from potatoes, but then if you've only ever seen them come out of a bag in the freezer, how would you know that? I'm convinced that if kids have a chance to learn about 'real' food, how it is produced and how to cook it, they will grow up eating more healthily and learn to respect the natural world too. What's more, learning to cook simple dishes is fun and a useful life skill for the future. And it's not true that kids will only eat pizza and chips; if they have some involvement in making a meal, they tend to want to eat it!



DAVID LOFTUS

1. Place a large saucepan over a medium heat and add a drizzle of oil and the butter. Add the shallots and leeks with a little salt and cook for 2 minutes. Add the potatoes and cook for 1 minute.

2. Add the fish stock and half the cider and simmer until the

potatoes are soft. Add the cream and bring to the boil. Transfer to a blender and blitz until smooth.

3. Place a large saucepan over a medium heat. When hot, add the cockles, clams and remaining cider and cover. Cook for 3

minutes until the shells have opened, then drain over a bowl to catch the liquor. Pick the meat from the shells, keeping a few in their shell for serving.

4. For the quail's eggs, bring a pan of water to a simmer, then lower in the eggs and simmer for 2 minutes. Transfer to a

CIDER & LEEK SOUP WITH CLAMS, COCKLES & QUAIL'S EGGS

SERVES: 4 | PREPARE: 20 MINUTES | COOK: 30 MINUTES

500g live clams • 500g live cockles • Rapeseed oil • 50g unsalted butter • 3 shallots, peeled and chopped • 4 leeks (white part only) • 200g potatoes, peeled and sliced • 1 litre fish stock • 500ml cider • 100ml double cream • Sea salt and black pepper For the eggs: 12 quail eggs • 50g flour • 1 egg, beaten • 75g panko breadcrumbs For the dressing: 1 tsp chopped parsley • 1 apple, peeled and finely diced • 75ml lemon oil • Shredded parsley, to garnish

bowl of iced water and leave for 5 minutes, then peel. Put the flour, beaten egg and breadcrumbs into 3 separate bowls. Drain the eggs and pass them first through the flour, then the egg and finally the breadcrumbs.

5. For the dressing, combine the diced apple,

chopped parsley and the lemon oil in a bowl and season.

6. To serve, heat oil in a deep-fryer to 180°C/350°F and deep-fry the eggs for 1 minute. Meanwhile, bring the soup to a simmer and add some of the reserved poaching liquid. Drain the deep-

fried quail's eggs on kitchen paper and season. Add the picked shellfish to the soup and share equally between 4 warmed bowls. Finish the soup with the reserved clams and cockles in shell, the quail's eggs, dressing and a sprinkling of parsley.

ROAST

OF THE MONTH

Go all-out this Sunday with an impressive rib of beef and fruity homemade relish



ROAST BEEF WITH CRANBERRY & RED ONION RELISH

SERVES: 8-10
PREPARE: 10 minutes
COOK: 3 hours

2.7kg lean bone-in rib of beef, sirloin or topside joint
Sea salt and freshly ground black pepper

2 tsp ground allspice
1 tbsp ground cinnamon
6 red onions, peeled and quartered

For the relish:
350g fresh or frozen cranberries
175g light brown sugar
1 red onion, peeled and finely chopped
1 red chilli, deseeded and finely chopped
Pinch ground ginger

For the gravy:
1 tbsp plain flour
300ml hot beef stock
300ml mulled wine
1 tbsp redcurrant jelly

- Preheat the oven to 180°C/350°F/Gas Mark 4. Place the joint on a chopping board and make several slits over the surface of the meat. Mix together a pinch of salt, pinch of pepper and the spices, then rub all over the joint. Roast for 2 hours 50 minutes for medium.
- Meanwhile, prepare the relish. Put all the ingredients in a large saucepan, stir to dissolve the sugar and bring the mixture to the boil. Reduce the heat and simmer for 20 minutes until the cranberries are soft and no liquid remains in the pan.
- 40 minutes before the end of the cooking time for the beef, add the quartered onions. Position the joint on top and return to the oven.
- For the gravy, place the roasting tin over a medium heat and add the flour. Stir well, add a little stock and stir again, scraping the base of the pan. Add the remaining stock, mulled wine, redcurrant jelly and adjust the seasoning. Simmer for 10 minutes until reduced.

IN the KNOW

Your guide to what to cook, make and buy this month



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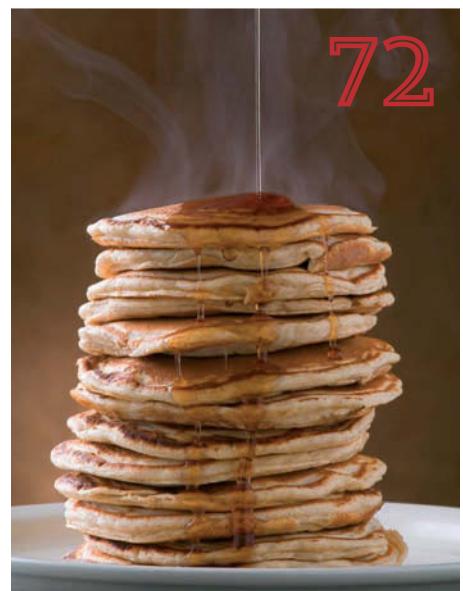
The gourmet's guide to the Boxing Day sandwich



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GBF MASTERCLASS:

LIGHT & TASTY DISHES FROM THE HAIRY BIKERS



Si and Dave were known for their love of big pies and even bigger portions, but these days they're more interested in finding new ways to make healthy food exciting. These recipes are the perfect remedy for festive overindulgence!



BAKED EGGS

Serves: 4

Prepare: 10 minutes

Cook: 15–20 minutes

Oil, for spraying
4 large free range eggs
4 tsps finely grated Cheddar, Gruyère or other hard cheese
Flaked sea salt
Freshly ground black pepper

For the mushroom filling:

1 tbsp rapeseed oil
4 button mushrooms, wiped and finely sliced
1 garlic clove, peeled and finely chopped
4 squares of frozen spinach, defrosted and liquid squeezed out
Grating of nutmeg

For the chorizo filling:

50g chorizo, finely chopped
½ red pepper, deseeded and finely chopped
½ onion, peeled and finely chopped
1 garlic clove, peeled and finely chopped
4 tomatoes, roughly chopped
Basil leaves, shredded

1 Preheat the oven to 190°C/Fan 170°C/Gas Mark 5. Very lightly mist 4 ramekins with oil. Choose your filling and prepare as below, then



BAKED FISH WITH RED PEPPERS AND TOMATOES



“Let everyone open their own parcels at the table and enjoy the wafts of delicious saffrony, basily aromas. And it’s so low cal that you can enjoy a few steamed new potatoes and green beans alongside.”

divide the filling between the ramekins. Break an egg into each ramekin, on top of the filling, and season with salt and pepper. Sprinkle a teaspoon of cheese over each egg and cover each ramekin with foil.

2 Put the ramekins in a roasting or baking dish and pour in hot water to come about two-thirds up the sides of the ramekins. Bake in the oven for up to 15 minutes, checking them after 10 minutes. You can cook the eggs to your liking, but after about 10 minutes the whites should be set and the yolks should still be runny.

3 To make the mushroom filling, heat the rapeseed oil in a frying pan, add the mushrooms and cook them until soft. Add the garlic and season with salt and pepper, then cook for another minute. Make sure the spinach is as dry as possible before adding it to the mushrooms in the pan. Grate over a little nutmeg and stir well.

4 For the chorizo filling, put the meat in a frying pan and fry until brown – you don’t need to add any extra oil, as the chorizo will immediately start giving out its own. Remove the chorizo and place it on some kitchen paper to drain, making sure there’s only a very small amount of oil left in the frying pan. Add the red pepper and onion, then sauté until soft. Add the garlic and fry for another minute, then add the tomatoes. Cook for a few minutes until the tomatoes have reduced down slightly, then tip the chorizo back into the pan and stir in the basil.

BAKED FISH WITH RED PEPPERS & TOMATOES

Serves: 4

Prepare: 15 minutes

Cook: 20–25 minutes

1 tsp rapeseed oil

1 red onion, peeled and sliced

into thin wedges

2 red peppers, deseeded and sliced lengthways into strips

2 garlic cloves, peeled and finely chopped

1 mild red chilli, deseeded and finely chopped

100ml white wine

Pinch of saffron threads

200g canned tomatoes (or fresh)

2 tbsps finely chopped parsley

2 tbsps finely chopped fresh basil

1 tsp grated lemon zest

Oil, for spraying

4 thick fish fillets, about 150g each

4 thin slices of lemon

Flaked sea salt

Freshly ground black pepper

1 Preheat the oven to 200°C/Fan 180°C/Gas Mark 6. Heat the oil in a large non-stick frying pan. Add the onion and red peppers and fry them over a medium heat until they start to soften – you want them to stay fairly firm. Add the garlic and chilli and cook for another 2 minutes, stirring regularly.

2 Pour the white wine into the pan and crumble in the pinch of saffron. Simmer until most of the wine has evaporated, then add the tomatoes. Cook over a low heat for another 5 minutes, then stir in the parsley, basil and lemon zest.

3 Cut 4 large pieces of baking parchment or foil – they need to be big enough to make a parcel for each fish fillet. Spray each piece lightly with oil and place a fish fillet in the middle. Season with salt and pepper, then put a thin slice of lemon on top and add a quarter of the red pepper and tomato mixture to each parcel. Bring 2 opposite edges of the paper or foil together and fold them together. Fold over the remaining 2 edges to seal the parcel neatly. Wrap the remaining parcels in the same way.

4 Place the parcels on a baking tray and put them in the oven. Bake for 12–15 minutes, then open one slightly and check that the fish is cooked through. Take the parcels to the table so that everyone can open their own and enjoy the sensational scents.

SPICY MOROCCAN LAMB SOUP

Serves: 4–6

Prepare: 15 minutes

Cook: 1 hour 15 minutes

1 tbsp rapeseed oil
 2 onions, peeled and sliced
 2 peppers (1 red, 1 green), deseeded and cut into strips
 250g lamb, preferably leg meat, finely diced into $\frac{1}{2}$ -1cm cubes
 1 tsp turmeric
 1 tsp ground ginger
 1 tsp ground coriander
 2 tsps ground cumin
 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{2}$ tsp hot chilli powder
 1 pinch of saffron strands
 1 garlic clove
 1 litre chicken stock or water
 400g can of tomatoes

2 tbsps chopped fresh coriander, plus extra for serving
 2 tbsp chopped flatleaf parsley, plus extra for serving
 400g can of chickpeas, drained and rinsed
 50g long-grain rice
 Freshly squeezed juice of $\frac{1}{2}$ lemon
 Flaked sea salt
 Freshly ground black pepper

- 1 Heat the rapeseed oil in a large saucepan. Add the onions and peppers and cook for a few minutes over a low to medium heat until they start to soften. Turn up the heat, add the lamb and brown it quickly on all sides.
- 2 Turn the heat down again and add all the spices (or the spice blend, if using) and the garlic.

Sauté for a couple more minutes until everything is well combined, then pour in the stock. Season with salt and freshly ground black pepper. Bring to the boil, then turn the heat down and leave the soup to simmer for 30 minutes.

- 3 Put the tomatoes in a blender with 2 tablespoons each of coriander and parsley and blitz until the herbs are very finely chopped. Pour this mixture into the saucepan, then add the chickpeas and rice. Simmer for another 30 minutes, by which time the meat should be beautifully tender. Just before serving, stir in the lemon juice and taste for seasoning, then adjust if necessary. Sprinkle with chopped coriander and parsley and serve.

*
 SPICY MOROCCAN
 LAMB SOUP



Recipes taken from *The Hairy Dieters: Good Eating* by Dave Myers and Si King (£14.99, W&N Books)

“This is our quick way of making a Moroccan soup known as harira, which is the traditional way to break your fast at Ramadan.”

**FOR STRAWBERRIES,
ICE CREAM,
PORRIDGE &
SALMON. SPONGE CAKES,
PANCAKES,
MILKSHAKES
AND
GAMMON.**



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• THINGS YOU NEVER KNEW ABOUT... •

PANCAKES

Sprinkled with sugar and drowned in lemon juice, pancakes are a deep-seated tradition in Britain – and across the globe. Brush up on your trivia in time for Pancake Day (17th February)

We'll all be arming ourselves with whisks, cracking eggs and attempting the perfect flip on Shrove Tuesday, but did you know we've been treating ourselves with them for over 1,000 years? Or that the first official recipe appeared in a 15th century English cookbook? The round, flat, unassuming pancake is steeped in history, and just as delicious now as it ever has been.



Flippin' Lovely

SHROVE TUESDAY WAS ORIGINALLY A PAGAN FESTIVAL, WITH PANCAKES SYMBOLISING THE SUN; PEOPLE BELIEVED THAT WHEN THEY ATE THE PANCAKE, THEY RECEIVED SOME OF THE SUN'S POWER. IT THEN DEVELOPED INTO A CHRISTIAN TRADITION, WITH PEOPLE MAKING PANCAKES TO USE UP THE FATTY FOODS THAT WERE FORBIDDEN DURING LENT.



* Pancake races, in which people run along the street flipping pancakes, originated in Olney, Buckinghamshire, and are still celebrated today. It supposedly began after a 15th century housewife was late for church and ran there, still in her apron and clutching a frying pan!

* The biggest pancake ever made was cooked in Rochdale in 1994 – it was 15 metres wide and weighed three tonnes. That's a lot of eggs!

* Pancakes seem to be a popular choice for record breakers – the highest successful pancake toss was recorded at 9.47 metres, and the tallest stack measured in at 76cm tall. The most pancake flips anyone has ever done is 349 in two minutes.

* Pancakes are thought to be one of the most ancient forms of cooked food, with many historians believing it made up a major part of our prehistoric ancestors' diet.

3 WAYS WITH... PANCAKES

1 For purists, the original pancake is unbeatable. Make a well in 100g plain flour, then add salt, 2 eggs, 50ml milk and a tablespoon of oil. Whisk to a smooth, thick paste, then gradually add another 250ml milk. Heat a flat pan, ladle batter into it and swirl until it coats the bottom. Cook for 30 seconds then flip. Serve with sugar and lemon juice.

2 Savoury fillings make a great alternative to the traditional sweet version. Try grated cheese, chopped ham and wilted spinach; mushroom and bacon or pieces of chicken in a cream and white wine sauce.

3 Dosas are Indian pancakes often filled with curried seasonal vegetables, and are great for introducing a bit of spice to Pancake Day! For the batter, combine 120g chickpea (gram) flour and 120g plain flour in a bowl. Add salt and some mustard seeds, then whisk in 400ml water and cook like a normal pancake before filling it with curried veg.

PERFECT SCOTCH PANCAKES

Serves: 4
Prepare: 10 minutes
Cook: 10 minutes

120g plain flour
Pinch of sea salt
1 tbsp golden caster sugar
2 large free-range eggs,
separated
20g unsalted butter, melted,
plus extra for frying
200ml whole milk
Clarks Pure Maple Syrup,
for drizzling

1 Sift the flour, salt and sugar into a bowl, then make a well in the centre. Add the egg yolks, butter and milk and beat with a whisk until mixed. Gradually work in the flour to make a very thick but lump-free batter.

2 In another bowl, whisk the egg whites until stiff, then fold them into the batter with a large metal spoon. Heat a heavy based frying pan until medium hot, then grease it lightly with butter.

3 Fry the mixture in batches of 3, using a heaped tablespoon of batter for each pancake. Cook

for about 1 minute until golden underneath, then turn over with a spatula and cook for another minute.

4 Pile the pancakes on top of each other and serve hot drizzled with Clarks Maple Syrup.

Courtesy of Clarks Maple Syrup. For more recipes visit clarksit.co.uk

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KITCHEN CONFIDENTIAL

• CHEF'S KNIVES •



The workhorse of the kitchen, a chef's knife is a great all-rounder and arguably the most important piece of kit in any kitchen. **Tom Shingler** chooses five of the sharpest

1 IO SHEN 21CM CHEF'S KNIFE

This is the biggest of the knives we tested, and was the most capable when tackling veg like squash and sweet potatoes. While the blade itself is made using Japanese techniques, the handle is classically European; weighty, metal and thick (although the attractive design pays homage to the knife's Eastern roots). However, this doesn't mean it's a chore to use – everything is perfectly balanced, and the added weight actually helps during chopping.

£89.95. For stockists visit ioshen.co.uk

2 DAMASCUS 20CM CHEF'S KNIFE

The attractive pattern on the blade of this knife is due to the way it's made – 67 layers of stainless steel are placed on top of the super-hard carbon steel core, which makes it particularly sharp and flexible. It's the same technique the Japanese use to create samurai swords, earning the title 'floating mist'; we can see why, as the edge cuts through most foods like butter! It's also nicely balanced and requires barely any effort when slicing and dicing all sorts of vegetables.

£74.99 from Lakeland

3 ROBERT WELCH SIGNATURE 16CM COOK'S KNIFE

An elegant, curved blade makes this model perfect for 'rocking' the knife back and forth, which is a very effective way to quickly mince, chop or dice fruit and veg. Robert Welch products are known for looking fantastic and doing their job effortlessly, and this is a prime example – the flowing design feels very natural in the hand and the razor-sharp blade made quick work of every food we tested. A great knife for a very good price.

£43.99 from Lakeland

4 MASAKAGE YUKI 16CM SANTOKU KNIFE

This is a real statement piece, and it looks so nice you'll want to be able to put it on display when it's not in use! The knife is handmade with a gorgeous wooden handle and the blade is shaped in the 'santoku' style – the Japanese equivalent of a chef's knife that's suited to chopping meat and vegetables of all shapes and sizes. It might cost more than the others, but it's an absolute treat to work with, and will be the crowning jewel in any serious cook's knife block.

£119.99 from cuttingedgeknives.co.uk

5 KUHN RIKON NOIR CHEF'S KNIFE

A bold, weighty and solid knife. The black blade not only looks amazing, but it's coated in a non-stick material which, along with the sharp edge, lets it glide through food with ease (and makes it very easy to clean). It feels nice and solid in the hand, and is perfectly balanced, so the knife does all the work instead of your wrist. It also comes with its own sheath, so you can keep it in the cutlery drawer without worrying about accidents.

£44.95 from Amazon



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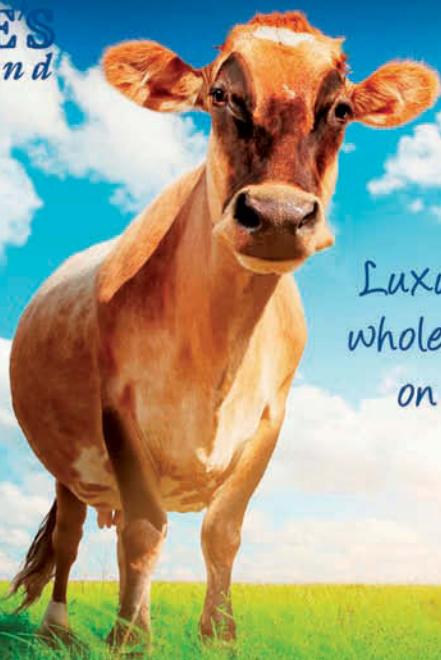
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PÂTÉ

Spreadable meat is probably France's greatest gift to the world, and British producers have long used the technique to turn homegrown produce into a real delicacy. Here are five of our favourites

**1 Forman & Field
Confit Duck, Chicken & Pistachio Terrine**

Terrines are very similar to pâtés, except they don't tend to include liver, which makes this perfect for offal-haters. It's an incredibly dense block of chicken meat, combined with shredded confit duck and whole bright green pistachios for a delicious crunch. It's got a layer of savoury jelly on top to keep everything preserved, and is at its best piled high on bread with pickles.

£9.95 for 300g from formanandfield.com

**2 Hebridean
Smokehouse Peat
Smoked Salmon Pâté**

A rich, robustly flavoured smoked salmon pâté that's great on blinis. Unlike many salmon pâtés, this one isn't bulked out with cheaper ingredients – the paste is so strongly flavoured it almost tastes like there's nothing else in it! However, the small amount of cream, cream cheese, butter and seasoning helps bind the salmon together.

£6.45 for 120g from hebridean-smokehouse.com

**3 Findlater's Fine Foods
Chicken Liver Pâté with
Port & Brandy**

Liver pâté is always incredibly rich, and Findlater's ups the luxury by blending its own with lashings of cream. The fruity alcohol stops it from being too cloying, and the smooth, uniform texture is a joy when spread on crunchy toast. All of Findlater's pâtés are handmade in small batches, so the chefs can taste and season each one perfectly.

£2.99 for 120g from Waitrose

**4 Patchwork Welsh
Dragon's Pâté**

Despite the name, this pâté is actually dragon-free – instead, it combines venison liver and chilli for a fiery, unusual and rich delicacy. Venison liver isn't an ingredient we come across often, but here it works incredibly well with the added spices, thanks to its powerful and slightly metallic flavour. Think of it as chicken liver pâté's stronger, richer and more complex cousin.

£7 for 230g from patchwork-pate.co.uk

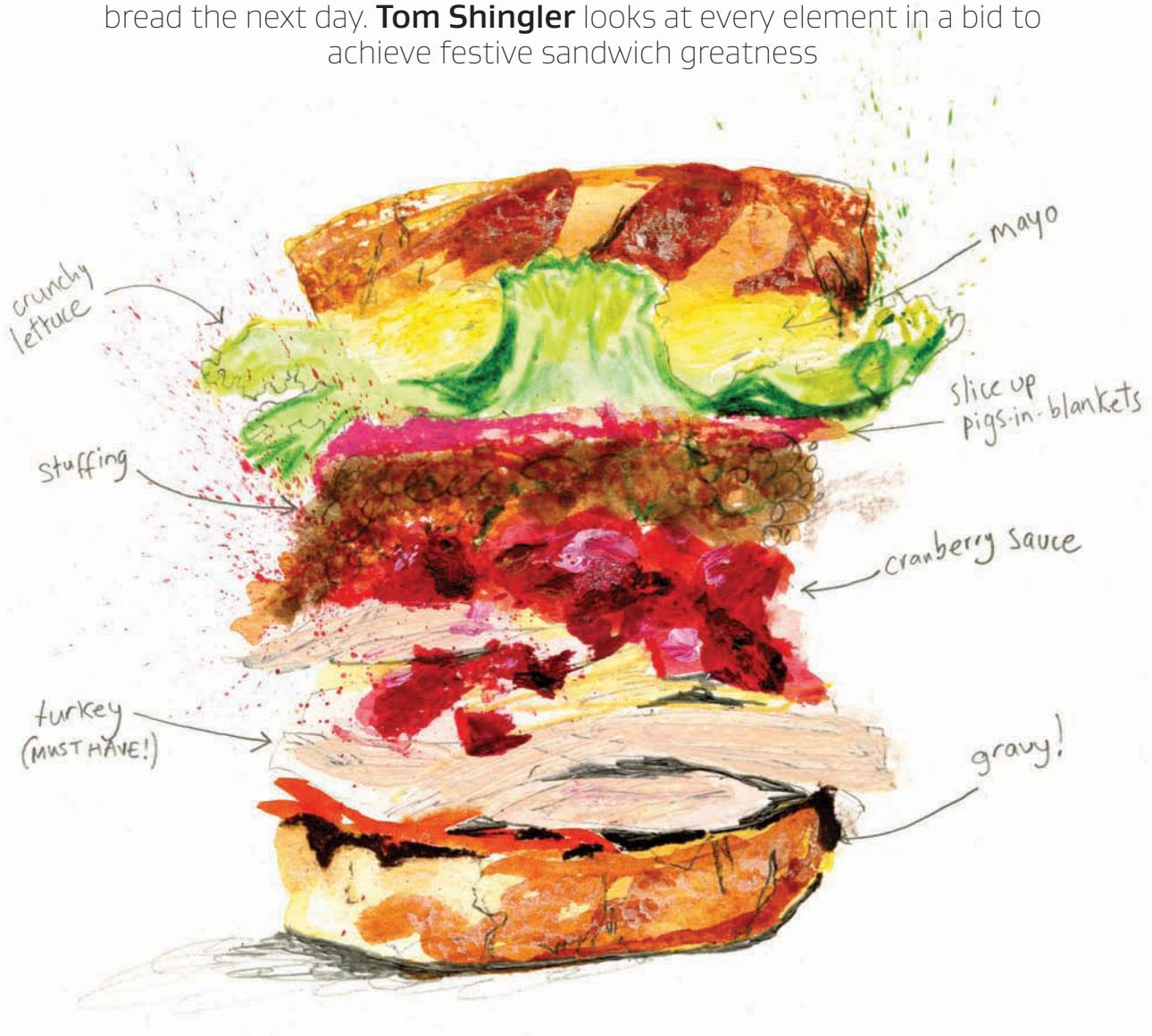
**5 Waitrose Farmhouse
Pork Pâté**

Unlike liver pâtés, which are smooth and elegant, this farmhouse version is packed with chunks of coarse pork, making it a spread you can really get your teeth into. It's also wrapped in streaky bacon, adding a very welcome hit of salt, and has a smattering of cracked green peppercorns and spices to lift the fatty flavours. It's one of those pâtés you keep returning to the fridge for again and again. £2.39 for 100g from Waitrose

GOURMET'S GUIDE TO

the Boxing day SANDWICH

Everyone raves about Christmas dinner, but what a lot of us really look forward to is cramming all the leftovers between two pieces of bread the next day. **Tom Shingler** looks at every element in a bid to achieve festive sandwich greatness



BREAD

It's important to think logically here – it'd be lovely to pop down to the artisan bakery and pick up a loaf of freshly made sourdough, but it's the day after Christmas, and the chief baker is probably still curled up in bed nursing a sherry-induced hangover. This leaves you with three options: bake your own bread in the morning; find a shop that's open and buy a loaf or stock up before everything closes for Christmas.

EAT YOUR GREENS

Still got some leeway in your sandwich? Leftover vegetables aren't vital and can be omitted if you're not aiming to get an entire meal into a sandwich, but they add a nice crunch. Parsnips and carrots are great candidates; slice them wafer-thin. Potatoes should be left out, as they're far too mushy, but can be turned into a fantastic side – simply shred any leftover sprouts, mash the spuds and create some amazing bubble and squeak cakes to eat alongside all your other delicious leftovers.

Unless you really, really like kneading, baking your own bread is not something you're going to want to do on Boxing Day morning (unless you were given a brand new breadmaker, in which case, have fun with your new toy!). There are more and more food shops opening on Boxing Day, but the stock will be whatever they had leftover from Christmas Eve, so you may as well buy a loaf beforehand.

What sort of bread you go for is up to you – I find the nostalgia of bog standard pappy white bread tough to beat, but if you're a sourdough-or-nothing person then don't feel obliged to betray your morals. Just bear in mind that it needs to be pretty robust, as you're going to want to cram as many different fillings inside as possible without it disintegrating. It should also be quite mild in flavour, as you don't want the bread to overpower all the delicious flavours inside.

FILLINGS

The salvage operation needed for a good sandwich always brings a sense of satisfaction. Unwrapping the leftovers you hastily put in the fridge the night before and surveying what remains is a once-a-year treat. Everything you serve with the turkey can be reused, so hopefully you were extra vigilant the day before and have plenty of fridge space.

The main task at hand here is cutting up all the ingredients in a way that allows you to get an entire meal between two slices of bread without making it so tall you can't fit it in your mouth. There's an optimal technique for preparing each element of the sandwich:



TURKEY – if you haven't got any of this, then you're in a bit of a pickle. If you've got lots of breast meat still intact, then big slices as wide as your bread cut as thinly as possible are great. Any leg or dark meat should be shredded, mixed with mayonnaise and added as an extra layer or used to fill in any nooks and crannies.

STUFFING – adds bags of flavour to the sandwich, but can be a little overpowering. It's best to get whatever you have left and squish it flat, so you've got a nice mix of crispy bits and the more doughy interior. If you have a particularly pliable version though, try flattening it into a big pancake with a rolling pin. You'll be left with a nice, thin layer which you can then cut to size perfectly.



Slice pigs in blankets lengthways

PIGS IN BLANKETS/HAM

– that large piece of gammon can be carved thinly and included for a double meat show-stopper, or you can take those last few pigs in blankets, slice them lengthways and lay them snugly in the sandwich like little nuggets of salty goodness.

GRAVY – by Boxing Day, the last little bit of gravy should have thickened up nicely, turning it into one of the most delicious spreads known to man. It'll also add a much needed moistness to the sandwich.

CRANBERRY SAUCE – a sharp, sweet element to counter all that rich, salty goodness. There's always lots of this left, but you'll only want a small amount, otherwise it'll take over all the other flavours.



ADDITIONS

Your workspace is now adorned with perfectly prepared leftovers like a particularly festive mise en place – now it's time to get a few staple ingredients to help bring them together in perfect harmony.

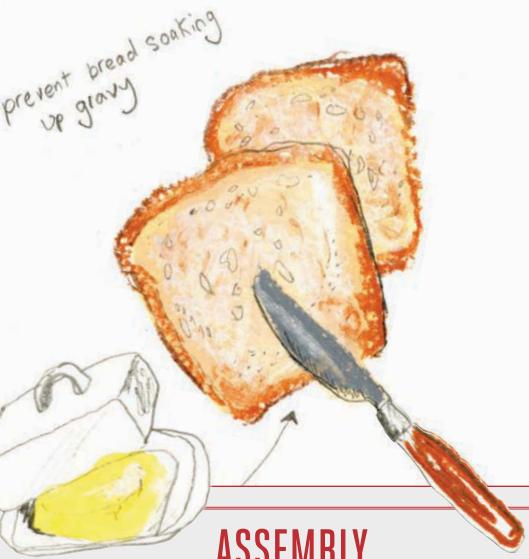
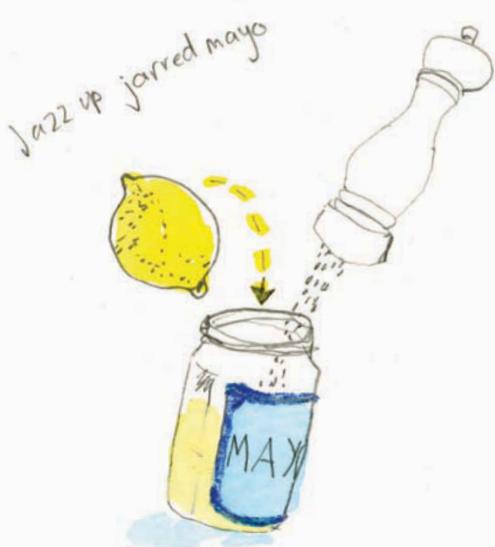
BUTTER, softened and liberally spread on bread, is a must in any good sandwich.

ICEBERG LETTUCE freshens everything up and backs up the salvaged ingredients with its unmistakeable crunch.

SALT AND PEPPER needs to be applied liberally – even if you heavily seasoned your ingredients before cooking them, cold meat always benefits from an extra few salt crystals and twist of pepper.

BACON is welcome in almost any sandwich (the only ones I think it sounds a bit odd in are tuna mayonnaise and jam!), especially so here – although if you've got leftover pigs in blankets or ham you might want to leave it out. Bacon is the only ingredient which you'll need to cook, so introduce it at the last moment.

MAYONNAISE is the lifeblood of the sandwich, binding everything together and keeping it intact, so it's important to give it the love and attention it deserves. It's simple to jazz up a jarred version – a good squeeze of lemon juice, extra black pepper, herbs, paprika or capers can be mixed into it for added flavour, all of which work well with turkey.



ASSEMBLY

THE DISAPPOINTMENT FELT AFTER YOU'VE SPENT ALL MORNING CRAFTING AN AMAZING SANDWICH, ONLY FOR IT TO FALL APART DUE TO POOR STRUCTURAL INTEGRITY, IS STRONG. HERE ARE SOME TIPS THAT WILL HOPEFULLY KEEP THAT RISK TO A MINIMUM.

- A general guide to how the sandwich should be constructed is: bread, butter, gravy, turkey, cranberry sauce, stuffing, bacon/pigs in blankets/ham, lettuce, mayonnaise, butter, bread.
- A few cocktail sticks skewered throughout should help keep it together (just make sure you remember they're there when tucking in)
- A good amount of butter on either piece of bread prevents the slices soaking up the mayonnaise and gravy
- Cut the sandwich in half diagonally – if it still looks a bit unwieldy, halve it again. Sandwiches always taste nicer cut like this!
- If you've got a sandwich toaster, a quick blast under this can fuse everything together nicely, and a sprinkling of grated Cheddar inside will act like delicious glue. But this is when everything begins to venture away from the classic Boxing Day sandwich and into 'Turkey Club' territory

BONE DRY

The biggest pitfall of the Boxing Day sandwich is creating something that, after the first few bites, is so dry it requires regular drinks breaks to finish. Here are just a few ways to avoid it

- Sauces need to be applied liberally – your mayonnaise and gravy should never mingle, ideally spread on either piece of bread to create a two-pronged attack on the other dry ingredients. Cranberry sauce can be dotted in between the turkey and the stuffing for a central vein of moistness, or even combined with the mayonnaise to make a tangy, bright pink hybrid condiment.
- It shot to fame in the 1990s thanks to the sitcom *Friends*, but Ross Gellar's renowned 'moistmaker' (a slice of bread soaked in gravy inserted into the middle of the sandwich) is actually a great way to eliminate any risk of dryness. There are downsides however; a wet slice of bread isn't the most appealing thing texturally. It also takes up a lot of your sandwich's precious vertical real estate, which could be used for higher priority ingredients like turkey instead.

“Rich, sweet and deliciously complex, French onion soup is a real labour of love, but is so worth the effort”

With warming comfort food firmly on her mind, London chef **Sophie Wright** shares her recipe for the ultimate winter warmer

There is nothing better than a steaming hot bowl of soup on a cold winter's day. It warms you from the inside out, gives you a big hug and says, 'you know what, it's all going to be alright'.

French onion soup is a labour of love for anyone who makes it. Slowly simmering the perfect beef stock for the most luxurious, dark, rich broth, which will make the base of your soup, followed by slowly sweating a bag of onions, which can take as long as an hour to perfectly caramelise and break down into a sweet and sticky mass. Then of course there's the crucial Gruyère cheese topping; sweet and salty, it should melt perfectly onto a baguette and ooze into your soup like molten lava – which you'll most likely burn your tongue on!

I guess you might have



noticed that I really like French onion soup! The sad thing is that the darn thing takes so long to make that unless I'm in a professional kitchen, with a stock pot as big as most houses and a commis chef to chop all those onions, I make it so infrequently.

There are a few short cuts; a pressure cooker, for example, will greatly cut down the cooking time for a really good quality stock, and making it in bulk will ensure you always have a little extra tucked away in the freezer in case of a particularly wet and cold winter's day.

Below is a true and authentic French onion soup recipe and one that, when I have the time, I really love to make. If you feel you could happily sit for a few hours while the deep aroma of simmering beef bones overwhelms your kitchen, I'd advise you, at least once in your lifetime, to give it a go.



1 Place a large casserole pan on the stove and turn the heat to medium. Add the

butter and the oil and add all of the sliced onions. Mix around well in the melted butter,

FRENCH ONION SOUP

SERVES: 6 | PREPARE: 10 MINUTES | COOK: 1 HOUR, 50 MINUTES

50g butter • 2 tbsps rapeseed oil • 700g of white onions, finely sliced • 3 garlic cloves • 2 tsps thyme leaves, chopped • 300mls dry white wine • 2 pints of good quality dark beef stock, preferably homemade • 2 tbsps of cognac **For the croutons:** 12 slices of 1 day old baguette • 50ml white wine • 200g gruyere cheese, grated.

turn the heat down to the lowest setting, add a good pinch of salt and allow to sweat, with the lid on for anything up to 1 hour. The onions need to be soft, dark and sticky. They will need to be stirred regularly and the heat well controlled. 2 Once the onions are soft, add the garlic and

the thyme and cook for a further 10 minutes before adding all the wine and deglazing the pan. Allow the wine to reduce by half before adding the beef stock and simmering for a further 30 minutes. 3 Drizzle your sliced baguette croutons with the wine and toast

on both sides until golden under a hot grill. Top with two thirds of your cheese and grill again. Now add the cognac to the soup and check for seasoning. Portion into soup bowls and place the cheesy croutons on top. Add the remaining cheese and grill.

“So many people who hate oysters try my dish and are instantly converted!”

Top Cornish chef **Paul Ainsworth** shares his love for Padstow, champions the unknown genius of Gary Rhodes and reveals how getting rid of the pomp helped his restaurant thrive in the recession

★ **I learned my craft in London, but Padstow is where I really developed as a chef.** A friend who knew the area well told me about a fantastic site, so I moved down with three mates in 2006 and opened it up, taking the role of head chef. Rick Stein had already put Padstow on the map, so we were trying to add to what he brought to the area. I eventually bought the business in 2009 and the restaurant became Paul Ainsworth at Number 6. This was unfortunately exactly when the recession hit, but that drove us to change how we were doing things, which ultimately made us a success. We did away with the tasting menus, canapés, topping up wine at tables and stripped everything back. That's continued right through to today.

★ **Cornwall's known for its seafood, but there's so much more that the county is brilliant for.** If people want a real taste of the area, they should visit Philip Warren's farm shop on the A30. It's where we get our Cornish lamb, beef and pork – which is all fantastic – and the shop promotes and stocks produce from not just its own but all the best farms in the county. It's literally a 30 second detour off the road and I can't recommend it enough!

★ **I can't see myself opening a restaurant anywhere else in the foreseeable future – for me, it's all about building on 'Fortress Padstow'.** The lure of London doesn't appeal to me – all that time spent in a car or on a train is wasted, when down here I can be at work in seconds. Chefs like Tom Kerridge and Sat Bains are people who have stuck to a certain location and made it a success through sheer hard work, and that's what I'm doing. Padstow has changed massively in the eight years I've been here – when we first set up everyone came here for Rick Stein, and we were almost an afterthought, but now we've got our own following. We're not competing at all – Rick does what he does, Nathan Outlaw has his thing going on nearby and we have our own style too. We sort of complement one another, which works perfectly.

★ **The one dish that sums up the food at Number 6 is the oysters.** It's just a few ingredients that work together perfectly, and I'd never even think of taking it off the menu. We've got these amazing oysters right on our doorstep, but not everyone likes eating half a dozen of them raw as a starter. What we did was lightly fry them in a panko breadcrumb, top with a fennel and lime salad, then lay a thin slice of cured pork over each one. We serve them on a bed of stones from the beach and it's a real taste of Padstow. So many people who claim they don't like oysters try my dish and are instantly converted!

★ **I worked under some great chefs, namely Gary Rhodes, Gordon Ramsay and Marcus Wareing.** Gary was incredible. People don't realise how good he is – they saw the spiky haired guy on TV but in the kitchen he was like no one else. He was one of those rare chefs that don't just tinker with existing dishes but actually invent new ones. What Heston Blumenthal did for the triple cooked chip, Gary did for bread and butter pudding; everyone used to cook it in a boring, stodgy way like they'd had it at school, but he turned it into a luxury. Gordon Ramsay taught me discipline and respect, and his kitchen was where I really learned skills and worked with the best produce available. And Marcus was an incredible craftsman; everything was perfectly polished and refined, from the way the chefs looked to the way the dishes were presented.

★ **Appearing in *Great British Menu* and winning a Michelin star had a monumental effect on both myself and the restaurant.** After appearing on the show in 2011, where my dessert was chosen to be served at the final feast, it's felt like life hasn't slowed down since. The very next year we received our first Michelin star, which really changed everything. It was a massive boost for the business – Cornwall out of season can be a bit slow, but now we're listed in that guidebook, the kudos that comes with it is a huge help. For all the chefs I've ever worked for, it was the very highest praise, so it was incredible when we got one for Number 6.



Paul on...

LIFE OUTSIDE THE KITCHEN...

I do have an intense work life, but I always try to get some time with my wife Emma. I've also started to get into shooting and fly fishing, which complements what I do very well.

THE MICHELIN GUIDE...

You can read a lot of guidebooks, go to one of the restaurants in there and still have a bad meal. That never happens with the Michelin Guide, and that's why it's so highly respected by both chefs and diners.

THE FOOD AT NUMBER 6...

It's comforting food that people recognise, so you won't see loads of rare foraged ingredients or anything like that. Everything's very relaxed and chilled out – the waiters are there to come over and explain things but only if you want them to!

"I couldn't urge people more to support independent shops and delis"

GBF columnist **Jimmy Doherty** introduces our brand new 'Love Your Local Deli' campaign and tells us why they're such a crucial part of our rich culinary heritage



Shopping at your local, independent store not only supports the smaller producer but also puts money back into the broader economy. Rather than just a few elite companies merititng from a sale it's good to know that the decision to shop locally gives money back to the small guy. I couldn't urge people more to support the independent shops and delis – it all helps to secure a rich and much more versatile network of food providers.

I can't believe we are just about to embark on our thirteenth year – holy moly! What a journey we're on. The farm goes from strength to strength and January gives us a moment to not only look forward but a chance to reminisce. Looking back it's certainly been a swift learning curve; when we first started we had everything to learn. From mastering the art of pig rearing, butchery, creating sausage recipes, curing and smoking our own bacon to becoming adept in managing gross profits, margins, mark-ups, salaries, creditors and staff. The stories that can be told fill my life with laughter – and a little stress! When we first opened our tiny shop we built it with a white tiled floor. We were on a farm and, unsurprisingly, there was a lot of mud. I

used to follow customers around with a mop which was definitely not a good use of time or energy! I also remember rearing a piglet who followed me everywhere and we had to constantly 'shoo' him out of the store telling him it wasn't quite his time yet!

The farm shop is at the heart of my business. It provides us with direct access to the customer which is crucial for a farm of our size. We don't produce enough pork to serve a wider audience, so customer relations are crucial. The smaller herd size inevitably pushes up our production costs but it allows us to have the time and energy to nurture our herd. Open pastures, natural grazing, GM-free food and sunshine – it's a winning combination which produces an incredible product, and

our customers greatly appreciate it.

The shop also allows customers to have a relationship with the butcher, who will in turn impart knowledge on the best cuts of meat and how to cook them. He'll also cut everything to your specification! Inviting people to the farm allows them to see, first hand, the relationship with the food they are buying, where it's come from and how it's lived. The story unfolds before their eyes and reminds them of the importance of welfare and the journey our food makes.

Turn to our brand new deli section on p.130 for information about our favourite independent retailers

JIMMY DOHERTY IS A SUFFOLK-BASED FARMER AND TELEVISION PRESENTER. FOR MORE INFORMATION ABOUT VISITING HIS FARM, HEAD TO JIMMYSFARM.COM

CROWNING GLORY

When you're looking to impress your guests, nothing beats a beautiful layer cake – these decadent and dramatic bakes are the ultimate show-stoppers



* GINGERBREAD CAKE WITH WHISKY CARAMEL

“The whisky brings an oaky, smoky depth to the caramel in this cake and makes us imagine cosy winter nights in front of a log fire. The gingerbread layers are moist enough to eat on their own with a dusting of cinnamon icing sugar or served warm with vanilla ice cream and caramel sauce.”

GINGERBREAD CAKE WITH WHISKY CARAMEL

Serves: 8-10
Prepare: 40 minutes, plus cooling time
Cook: 1 hour

For the cake:

225g unsalted butter
 110g black treacle
 110g golden syrup
 225g soft dark brown sugar
 2 medium free range eggs
 300ml whole milk
 350g plain flour
 2 tsps bicarbonate of soda
 4 tsps ground ginger
 3 tsps ground cinnamon
 Pinch each of ground cloves, nutmeg and salt

For the sauce:

250g caster sugar
 300ml double cream
 50g unsalted butter
 3-4 tsps whiskey
 1-2 tsps flaky sea salt

For the buttercream:

300g unsalted butter
 500g icing sugar
 150ml whisky caramel sauce (see above)

To decorate:

crystallised ginger, thinly sliced

- Preheat the oven to 170°C/335°F/Gas Mark 3. Grease 2 x 18cm cake tins and line the bases with baking parchment. Heat the butter, treacle and golden syrup in a large saucepan over a low heat until the butter has melted. Beat in the sugar and set aside to cool.
- Mix the eggs and milk together in a bowl to combine then slowly beat into the butter and sugar mixture. Sift the flour, bicarbonate of soda, ginger, cinnamon, cloves, nutmeg and salt into the saucepan and beat

this until just combined. Divide the mixture evenly between the prepared cake tins.

- Bake in the oven for 30-40 minutes, or until a skewer inserted into the centre of each cake comes out clean. Allow the cakes to cool for 10 minutes in their tins, then turn them out on to a wire rack and leave to cool completely.
- While the cakes are cooling, make the whisky caramel sauce and buttercream. Heat the sugar in a large saucepan (a silver-coloured saucepan is best as you need to check the colour of the sugar as it melts) over a medium heat. Once the sugar starts to melt, swirl the sugar into the liquid areas of the pan without stirring.

- Meanwhile, gently warm the cream and butter in a separate pan until the butter has melted. After about 10 minutes, or once the sugar has completely melted and is dark amber in colour, remove the saucepan from the heat.

Immediately whisk in the warm cream and butter mixture (be careful, as the hot caramel can splash up). If the sugar solidifies, return the pan to a medium heat until the mixture is liquid again. Stir in the salt and the whisky. Pour the mixture through a sieve into a heatproof bowl, to remove any lumps of sugar, and leave to cool.

- To make the buttercream, using a stand mixer or electric hand mixer, beat the butter in a bowl for 3-4 minutes until pale and creamy. Add the icing sugar and whisky caramel sauce and continue to beat for another 2-3 minutes until smooth.

- Level the cakes by cutting off the domed tops and split each cake in half so that you have 4 layers in total. Fix the bottom layer of the cake to a cake board or stand with a small amount of buttercream. Spread the first layer with a

generous amount of the whisky caramel buttercream filling. Place the second layer on top of this and repeat, then repeat again with the third layer, finishing with the final cake layer.

- Cover the cake with a thin layer of buttercream and chill for 30 minutes or until firm. Cover with the remaining buttercream, chill for a further 10 minutes and pour over the rest of the whisky caramel. If the caramel is too runny to set, chill for 10 minutes before pouring over the cake. Top with the crystallised ginger.

WHITE ROSE CAKE

Serves: 8-10
Prepare: 30 minutes, plus cooling time
Cook: 50 minutes

For the cake:

125g unsalted butter
 250g caster sugar
 1 medium egg and 3 medium egg whites, lightly beaten
 225g plain flour
 2 ½ tsps baking powder
 ½ tsp salt
 180ml whole milk
 1 tsp rose extract

For the rose buttercream:

375g unsalted butter
 600g icing sugar
 150 ml double cream
 2-3 tsps rose extract
 Pink paste or gel food colouring

To decorate:

Pink and white crystallised rose petals

- Preheat the oven to 170°C/335°F/Gas Mark 3. Grease the cake tins and line with baking parchment. Using a stand mixer or electric hand mixer, beat the butter and sugar in a bowl until pale and fluffy. Add the eggs to the mixture a little at a time, until they're well incorporated.

- Sift the flour, baking powder and salt into bowl. Add half of the flour mixture to the butter mixture and beat until just combined. Add half of the milk and the rose extract, continuing to beat, and then add the remaining flour and milk. Divide the mixture evenly between 2 x 13 cm round, deep cake tins.

- Bake in the oven for 45-50 minutes, or until a skewer inserted into the centre of each cake comes out clean. Allow the cakes to cool for 10 minutes in their tins, then turn them out on to a wire rack and



* WHITE
ROSE CAKE



TOasted PORTER,
PEANUT & CHOCOLATE CAKE

leave to cool completely.

- While the cakes are cooling, make the rose buttercream. Using a stand mixer or electric hand mixer, beat the butter for 3–4 minutes until pale and creamy. Add the icing sugar and cream and continue to beat for another 2–3 minutes until smooth. Add the rose extract gradually to taste.
- Level the cakes by cutting off the domed tops and split each layer in half so that you have 4 layers in total. Fix the bottom layer to a cake board or stand with a small amount of buttercream and spread with a generous amount of the buttercream. Add the second layer and repeat, and repeat again with the third layer, finishing with the final cake layer. Cover the cake with a layer of buttercream and chill for 30 minutes or until firm.
- Split the remaining buttercream into 3 bowls, leaving one bowl of buttercream white and colouring the other two deep pink and pale pink. Spread the white buttercream over the top and halfway down the sides of the cake. With a clean spatula, spread the deep pink buttercream around the bottom quarter of the cake. Spread the pale pink buttercream between the white and deep pink colours, clean your spatula and smooth the cake, removing excess

buttercream as you go. Decorate with the crystallised rose petals.

TOasted PORTER, PEANUT & CHOCOLATE CAKE

Serves: 8-10

Prepare: 30 minutes

Cook: 50 minutes

For the cake:

75g cocoa powder
300ml porter or stout
225g unsalted butter
350g soft light brown sugar
4 medium free range eggs, lightly beaten
250g plain flour
3 tsps baking powder
½ tsp salt

For the peanut buttercream:

120g unsalted butter
150g icing sugar
2 tsps smooth peanut butter

For the toasted meringue icing:

2 medium free range egg whites
100g caster sugar

- Preheat the oven to 170°C/335°F/Gas Mark 3. Grease the cake tins and line the bases with baking parchment. Place the cocoa powder and porter in a bowl and whisk to combine. In a clean bowl, using a stand mixer or

electric hand mixer, beat the butter and sugar for 3–4 minutes, or until the mixture is pale and creamy.

2. Add the beaten eggs to the butter mixture a little at a time, beating after each addition until they're well incorporated. Sift the flour, baking powder and salt into a clean bowl. Add half of the flour mixture to the butter mixture and beat, followed by the cocoa mixture, scraping down the sides of the bowl as you go. Finally, add the remaining flour and beat until just combined.

3. Divide the mixture evenly between 2 x 15cm round, deep cake tins. Bake in the oven for 40–50 minutes, or until a skewer inserted into the centre of each cake comes out clean. Allow the cakes to cool for 10 minutes in their tins, then turn them out on to a wire rack and leave to cool completely.

4. While the cakes are cooling, make the peanut buttercream. Using a stand mixer or electric hand mixer, beat the butter for 3–4 minutes until pale and creamy. Add the remaining ingredients and continue to beat for another 2–3 minutes until the buttercream is smooth.

5. Level the cakes by cutting off the domed tops with a cake leveller or a serrated knife and split each cake in half so that you have 4 layers in total. Fix the bottom layer of the cake to a cake board or stand with a small amount of buttercream. Spread with one third of the buttercream. Place the second layer on top of this and repeat, then repeat again with the third layer, finishing with the final cake layer.

6. For the toasted meringue icing, place the egg whites in a clean, grease-free bowl. Using a stand mixer or electric hand mixer, whisk until stiff peaks form. Add 1 tablespoon of the caster sugar and whisk until stiff and glossy. Add another 2 tablespoons of caster sugar, whisking until stiff and glossy after each addition, then add the remaining sugar gradually, with the beaters still running, until the mixture is stiff and glossy and all of the sugar has been incorporated. Transfer the mixture to the piping bag and pipe on to the cake, toasting the top with a chef's blow torch to finish if you like.

Recipes taken from *Decorated by April Carter* (£20, Hardie Grant)
Photography by Danielle Wood

BAKE OF THE MONTH

Use up any leftover cranberry sauce with this delicious homemade pastry



EGG, CRANBERRY & SAUSAGE PLAIT

Serves: 6-8

Prepare: 10 minutes

Cook: 40 minutes

8 pork sausages, skinned
500g all-butter puff pastry
2 tbsps cranberry sauce
5 The Happy Egg Co. eggs, hard boiled and peeled
1 The Happy Egg Co. egg, beaten with a little milk

- Preheat the oven to 200°C/400°F/Gas Mark 6. Roll the pastry on a floured board into a rectangle roughly 32 x 38cm big.
- Spoon the cranberry sauce onto the centre area of pastry and spread it out, allowing space for the plaits. Place half of the sausagemeat on top, roughly spread out. Place the eggs along the sausagemeat end to end. Use the remaining meat to loosely cover the eggs and push down around them.

- Cut parallel, diagonal slits either side of the sausage in the pastry about 1cm apart. Lightly brush with the egg wash and then fold the strips alternatively over one another, covering the eggs and sausage. Seal at the top and bottom by tucking and pinching the pastry. Brush the finished plait liberally with the egg wash.
- Place on a baking sheet lined with non-stick baking paper. Bake for 35-40 minutes and serve hot or cold with a side salad.

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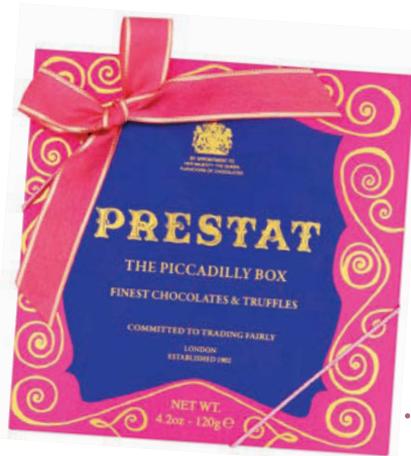
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James Martin's FOOD FOR FRIENDS

If James Martin makes a recipe at home you know it's a winner! Here he shares four fabulous dishes that are perfect for lazy winter entertaining and can easily be planned ahead



Plan Ahead

The gnocchi in this dish can be prepared ahead of time and then stored in the refrigerator for a few hours or even frozen if needed

BEER-MARINATED RACK OF PORK WITH CHARD GRATIN

Serves: 6

Prepare: 20 minutes, plus overnight marinating and resting time

Cook: 1 hour, 10 minutes

For the pork:

2 tbsps sea salt
2 tbsps dark brown sugar
1 tsp black peppercorns
4 garlic cloves, peeled and lightly crushed
2 bay leaves
2 tbsps yellow mustard seeds, 1 tbsp soaked in water overnight
4 sprigs of thyme
4 sprigs of flat-leaf parsley
500ml beer, preferably a good ale
1–1.2kg 6-rib pork loin rack, French-trimmed
50g unsalted butter
100g brioche, roughly torn
1 tsp English mustard powder
1 tbsp brown mustard seeds, soaked in water overnight
Sea salt and freshly ground black pepper

For the gratin:

700g chard, chopped into 2cm pieces
2 large potatoes, peeled and cut into 1–1.5cm chunks
1 onion, peeled and sliced
50g unsalted butter
50g plain flour
400ml whole milk
200ml chicken stock
100g gruyère cheese, grated

1. Pour 100ml of cold water into a saucepan, add the sea salt and sugar and heat until the sugar dissolves. Remove from the heat. Now mix in 400ml of cold water, the peppercorns, garlic, bay, unsoaked yellow mustard seeds, thyme, parsley and beer. Put the pork loin into a large bowl or sealable bag then pour in the liquid and cover. Place in the fridge for 24 hours, turning occasionally.

2. When ready to cook, preheat the oven to 200°C/400°F/Gas Mark 6. Remove the pork from the bag and pat dry. Heat a large frying pan over a medium heat, then add the butter and heat until foaming. Carefully seal the pork on each side until light golden brown, then transfer to a roasting tray. Cook for



“This to me is a lazy dish: marinate it the day before in a beery brine, then slam it in the oven while watching football on the box”

15 minutes.

3. Put the brioche, mustard powder and soaked yellow and brown mustard seeds into a food processor and blitz to a paste, then season. Set aside.

4. Meanwhile, make the gratin. Layer half the chard and potatoes into an ovenproof dish, scatter over the onion, then place the rest of the chard and potatoes on top. Put the butter in a saucepan and melt, then add the flour and cook for a couple of minutes until light golden brown. Add the milk gradually, whisking until you have a smooth white sauce, then whisk in the stock and half the cheese and cook until melted. Season with salt and pepper, then pour the sauce over the chard and potatoes and top with the remaining cheese.

5. After the pork has been cooking for 15 minutes, spread the brioche paste over the top. Decrease the

oven temperature to 180°C/350°F/Gas Mark 4, then return it to the oven for 45 minutes to crisp the crumb and finish cooking the pork through. Place the gratin in the oven at the same time.

6. Remove the pork from the oven and rest for 15 minutes, while the gratin finishes cooking. Carve the pork and serve with the chard gratin.

SAUSAGE, RADICCHIO & LEMON GNOCCHI

Serves: 4

Prepare: 30 minutes

Cook: 1 hour, 35 minutes

For the gnocchi:

4 large floury potatoes
Olive or rapeseed oil, for the potatoes
4 tbsps rock salt



75g 'oo' flour, plus more to dust
1 free range egg yolk
Sea salt and freshly ground black pepper
25g Parmesan, finely grated

For the sauce:

4 good-quality pork sausages, skins removed, roughly chopped
50g unsalted butter
2 shallots, peeled and finely chopped
2 garlic cloves, peeled and finely chopped
1 tsp chilli flakes, or to taste
300ml chicken stock
100ml double cream
25g capers, rinsed, roughly chopped
2 tbsps roughly chopped flat-leaf parsley leaves, plus more to serve
Finely grated zest of 2 unwaxed lemons
1 large head of radicchio, cut into wedges through the root
1 tbsp rapeseed oil
50g fresh white breadcrumbs

- For the gnocchi, preheat the oven to 170°C/340°F/Gas Mark 3½. Rub the potatoes with a little oil then place on a small pile of rock salt on a baking tray. Bake in the oven for 1 hours, or until tender. When cooked, remove from the oven and set aside until cool enough to handle.
- Cut the potatoes in half and scoop out the flesh, then pass through a potato ricer or sieve into a large bowl. Add the flour and egg yolk, season, then mix lightly until it forms a soft dough. Tip onto a floured work surface, divide into quarters and roll each into a long sausage. Cut into 2cm pieces and lightly pinch each in the middle. If you make these ahead, blanch the gnocchi in boiling water as in the recipe, then drain and place on an oiled tray. They will keep better in the fridge and won't turn soft.

3. Once all the gnocchi are cut, drop them into a large pan of boiling salted water. When the gnocchi bob to the surface, they are ready. Remove with a slotted spoon and place in a bowl of ice-cold water to cool.

4. To make the sauce, heat a frying pan until medium hot, add the sausagemeat and half the butter and fry until golden-brown all over. Add the shallots, garlic and chilli flakes and cook for two minutes.

5. Pour in the chicken stock and simmer until it is reduced by half and the sausagemeat is cooked through. Add the cream, drained gnocchi, capers, parsley and lemon zest and simmer for 2 minutes.

6. Heat a griddle pan until hot, toss the radicchio with the oil, then char on the griddle pan for one minute on each side. Heat a small frying pan until medium hot, add the remaining butter and, when it's foaming, add the breadcrumbs and fry until golden. Season with salt and pepper. Tip the crumbs onto kitchen paper to cool.

7. Place the radicchio onto a serving plate, then spoon the sauce over the top. Finish with some Parmesan and a sprinkling of crunchy breadcrumbs.

WHOLE ROAST TROUT WITH SALSA VERDE, ROAST LEMONS & NEW POTATOES

Serves: 4
Prepare: 15 minutes
Cook: 1 hour, 15 minutes

Sea salt and freshly ground black pepper
400g new potatoes
1.5kg whole trout, cleaned
3 lemons, halved
Herb stalks left over from the salsa verde (mint, dill, tarragon, parsley, watercress and basil)
Olive or rapeseed oil

For the salsa verde:
1 large shallot, peeled and roughly chopped

6 anchovies, roughly chopped
1 tsp Dijon mustard
2 tbsps mint leaves, roughly chopped with stalks reserved
2 tbsps dill, roughly chopped with stalks reserved
2 tbsps tarragon, roughly chopped with stalks reserved
2 tbsps flatleaf parsley, roughly chopped with stalks reserved
2 tbsps watercress, roughly chopped with stalks reserved
2 tbsps torn fresh basil
4 tbsps rapeseed or extra virgin olive oil, plus extra for drizzling
2 tbsps capers, drained
Squeeze of lemon

1. Bring a large pan of salted water to the boil, add the new potatoes and return to the boil. Simmer for 10 minutes, then drain and set aside. Preheat the oven to 220°C/425°F/Gas Mark 7.

2. Make a salsa verde by blending the shallot, anchovies, mustard and chopped herbs in a food processor with a pinch of salt and pepper until it resembles a fine purée. Add the oil and blend again. Add the capers and lemon juice and pulse for a few seconds.

3. Put the trout onto a large roasting tray along with the halved lemons and the potatoes. Put a couple of spoonfuls of salsa verde into the cavity of the trout, along with the herb stalks, then drizzle with oil and season well with salt and pepper.

4. Place in the oven and roast for 15–20 minutes until just cooked through. Serve the trout with the roasted potatoes and lemon halves and a drizzle of salsa verde.

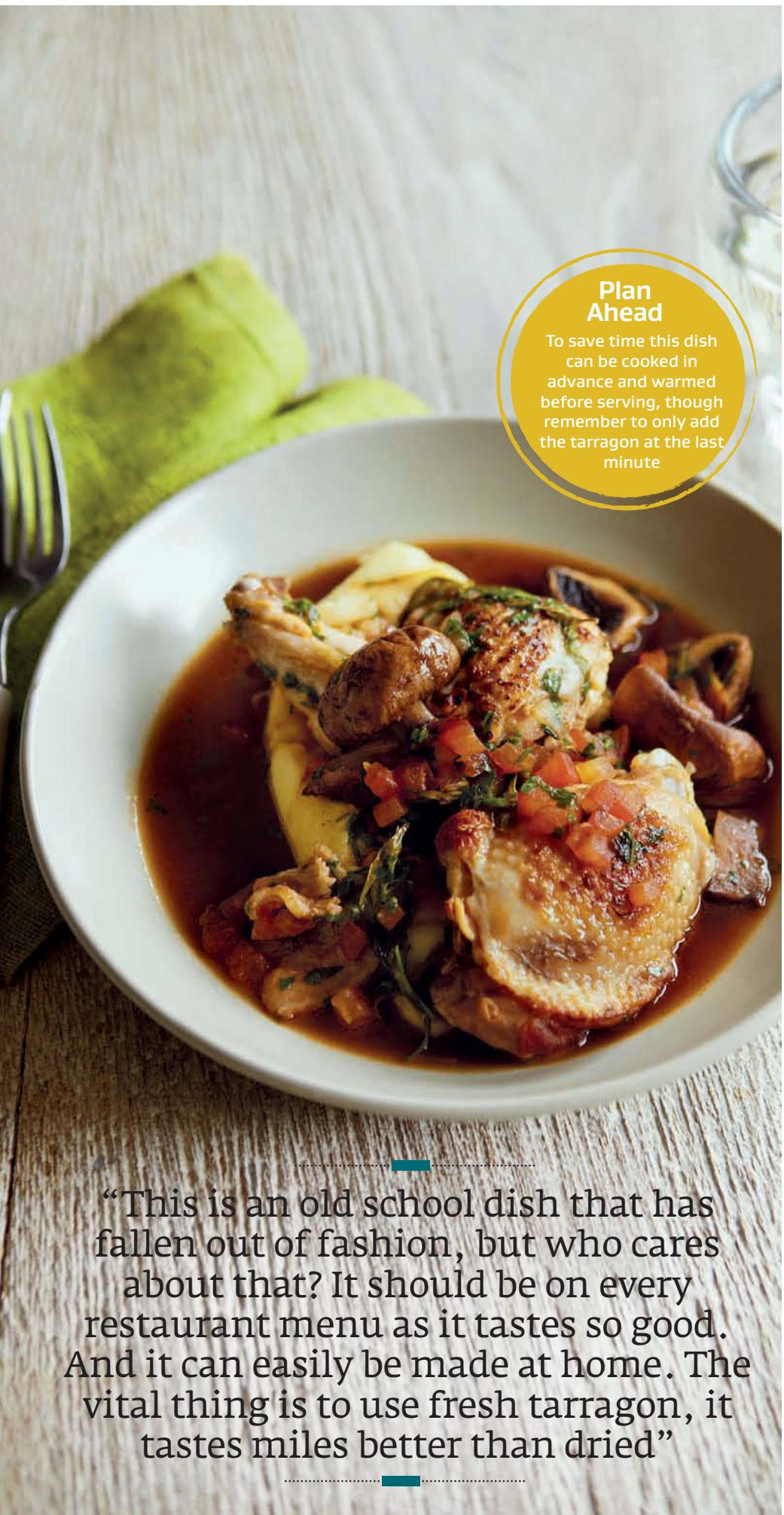
CHICKEN CHASSEUR WITH CREAMY MASH

Serves: 4
Prepare: 15 minutes
Cook: 1 hour, 15 minutes

For the chicken:
1.5kg whole chicken, jointed into 8
Sea salt and freshly ground black and white pepper
1 tbsp plain flour
2 tbsps rapeseed or olive oil
110g unsalted butter
110g smoked streaky bacon, sliced into lardons
125g shallots, peeled and thickly sliced
150g chestnut mushrooms, halved if large

“The idea of a chard gratin came about simply because I had masses of the stuff planted in the garden by mistake!”





Plan Ahead

To save time this dish can be cooked in advance and warmed before serving, though remember to only add the tarragon at the last minute

“This is an old school dish that has fallen out of fashion, but who cares about that? It should be on every restaurant menu as it tastes so good. And it can easily be made at home. The vital thing is to use fresh tarragon, it tastes miles better than dried”

2 tbsps tomato purée
175ml white wine
400ml chicken stock
Leaves from a small bunch of tarragon
3 tomatoes, skinned, deseeded and finely chopped
2 tbsps flat-leaf parsley leaves, finely chopped

For the mash:

1kg floury potatoes, peeled and cut into chunks
150g unsalted butter
150ml double cream

1. Season the chicken with salt and pepper then toss in the flour to coat. Heat a large sauté pan until hot, add the oil, a knob of the butter and half the chicken pieces and fry skin side down for 3 or 4 minutes until golden. Turn and fry on the other side for another few minutes, then remove from the pan. Repeat with another knob of butter and the remaining chicken.
2. Add another knob of butter and the bacon and fry until golden, then add the shallots, mushrooms and tomato purée and fry for another couple of minutes. Pour in the wine and bring to a simmer, stirring to deglaze the pan.
3. Add the stock, then return the chicken to the pan with half the tarragon and bring to the boil. Reduce the heat to a simmer, cover and cook for 30–40 minutes until the chicken is tender and the liquid slightly reduced.
4. Roughly chop the remaining tarragon. Add the tomatoes, parsley and tarragon to the pan, then check the seasoning and adjust it if needed. Meanwhile, place the potatoes into a pan of salted water and bring to the boil. Reduce the heat and simmer for 12–15 minutes until tender. Make the mash. Serve each person with two pieces of chicken, with the sauce spooned over and a dollop of mash.

Recipes adapted from *Home Comforts* by James Martin (Quadrille, £20). Photography: Yuki Sugiura. The new series of *James Martin: Home Comforts* returns to BBC TWO in January.

THE Ultimate Guide to

*

ENTERTAINING

Whether you're putting together a sparkling New Year's Eve party or a lazy Boxing Day buffet, we've got party season covered!





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PURE INDULGENCE

These decadent desserts are surprisingly simple
to make and have real wow factor

"This is simply one of the richest, creamiest, most voluptuous ice creams we've ever made. The salted caramel swirl makes it truly sublime"

CINNAMON & MASCARPONE ICE CREAM WITH SALTED CARAMEL

Makes: 1 litre

Prepare: 20 minutes, plus churning and freezing time

Cook: 25 minutes

For the ice cream:

250g mascarpone
250ml double cream
250ml whole milk
1 cinnamon stick, plus more to garnish (optional)
5 free range egg yolks
100g golden caster sugar
½ tsp ground cinnamon

For the salted caramel:

125g caster sugar
200ml double cream
½ tsp sea salt flakes
1 tsp vanilla extract

1. Put the mascarpone, cream, milk and cinnamon stick into a saucepan and gently heat to a simmer. Remove from the heat and leave to infuse for 15 minutes.

2. Whisk the egg yolks, sugar and cinnamon in a large bowl until pale and fluffy. Remove the cinnamon stick from the mascarpone mixture and pour it gradually into the egg mixture, until incorporated. Return to the pan and stir gently over a low-medium heat until it thickens enough to coat the back of a spoon. Remove from the heat and allow to cool completely. When cool, pour it into an ice-cream maker to churn.

3. To make the salted caramel, place the sugar and 4 tablespoons of water into a saucepan. Set over a high heat (without stirring) until it reaches a deep caramel colour. Remove from the heat and carefully add the cream as it will splatter. Now stir over a medium heat until all the caramel has dissolved once more. Stir in the salt and vanilla and leave to cool completely.

4. When the ice cream has nearly set, transfer to a freezerproof container, drizzling the cooled salted caramel over after every 2

spoonfuls or so. Run a blunt knife through the ice cream to create more of a swirl. Freeze for 2–3 hours to set completely. Scoop small balls of ice cream and serve in mini ice cream cones or small bowls. Garnish with the cinnamon sticks.

BOOZY TIRAMISU POTS

Makes: 20 small glasses
Prepare: 30 minutes, plus cooling time
Cook: 5 minutes

350ml very strong espresso
2 tbsps agave syrup or demerara sugar
3 tbsps Disaronno or a similar almond liqueur
3 tbsps coffee liqueur
6 free-range eggs, separated
200g golden caster sugar
120ml marsala
500g Mascarpone, lightly whipped
40 ladyfingers biscuits
Cocoa powder, to serve

1. First sweeten the coffee by stirring through the agave syrup (the caramel tones work beautifully with coffee), or heat the coffee and dissolve the demerara in it. Add both liqueurs, stir well and allow to cool.

2. Whisk the eggs whites to stiff peaks. Put the egg yolks and sugar in a bowl and whisk with electric beaters for 5 minutes, or until pale and thick. Continue whisking and gradually add the marsala a little at a time until it has been incorporated. Fold in the Mascarpone, then fold in the egg whites as gently as possible, to keep the mixture light.

3. Lay 20 glasses out ready. Dunk one biscuit into the coffee mixture until it's completely soaked without it being so soft that it falls apart in your hands. Break in half and lay one half in a glass. Add a heaped tablespoon of the mascarpone mixture, then the other half of the biscuit and another tablespoon of mascarpone. Sift over a little cocoa and repeat the layers until all the glasses are full.

4. Cover each pot with plastic wrap and refrigerate for a few hours, or overnight, to set. When you are ready to serve, sprinkle lots of cocoa over each tiramisu.

"These are gorgeous: light and indulgent. The word 'tiramisu' actually means 'pick me up' and these boozy versions will be sure to do just that"



MINI FIG, ALMOND & HONEY CAKES

Makes: 12
Prepare: 20 minutes
Cook: 25 minutes

For the cakes:

150g butter, softened, plus extra for the cake moulds
150g golden caster sugar
3 free range eggs, lightly beaten
Finely grated zest of 1 orange
3 tbsps honey
200g ground almonds
3 figs, quartered

For the caramel figs:

2 tbsps butter
Juice of 1 orange
4 tbsps honey
6 figs, quartered

1. Preheat the oven to 180°C/350°F/Gas Mark 4). Butter each of 12 fairy cake or mini muffin moulds with a pastry brush and line the bases with a small round of baking paper.

2. Cream together the butter and sugar with electric beaters until pale and fluffy, then add the eggs gradually until incorporated. Now fold in the orange zest, honey and ground almonds. Divide the mixture between the moulds and place in the oven for 8–10 minutes or until the cake begins to set around the edges.

3. Remove from the oven and poke a fig quarter into the middle of each cake. Return to the oven for a further 10–12 minutes or until risen and golden. Leave to cool for 5 minutes before turning them out onto a wire rack.

4. For the caramel figs, heat the butter in a frying pan over a medium heat, add the orange juice and honey, and allow to bubble and thicken. Add the figs and toss in the honey syrup for 2 minutes. Remove from heat and top each cake with figs and some syrup while they are still warm. Serve immediately.

“These little cakes are baked with ground almonds instead of flour, making them perfectly light and wheat free”



Recipes adapted from *Little Italy* by Nicole Herft (£12.99, Hardie Grant)



Perfect Partners

This handy 12-hole bun tin is just the thing for ensuring these cakes are perfectly cooked. It has perforated holes at the bottom, letting moisture escape for beautifully golden sponge. Masterclass Crusty Bake 12-hole Bun Sheet, £6.95 from www.kitchenscookshop.co.uk

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KEEP IT CASUAL

The best homemade canapés are packed with flavour and easy to prep in advance – these tasty bites will add sparkle to all kinds of party

“These spiced lamb skewers are a lot more sophisticated than your average late night kebab, but just as tempting. Keep them nice and juicy by not overcooking the lamb”

LAMB KOFTES WITH TAHINI YOGURT DIP

Makes: 30
Prepare: 25 minutes, plus chilling time

Cook: 25 minutes

1 kg minced lamb
1½ tsps ground cumin
1½ tsps smoked sweet paprika
1 tsp ground allspice
1 tsp chilli powder
1 medium red onion, peeled and finely diced
25g flat-leaf parsley, peeled and finely chopped
40g coriander, finely chopped, plus extra to serve
Freshly squeezed juice and grated zest of 1 lemon, plus wedges to serve
3 large free range eggs

1 tsp sea salt
60 ml sunflower oil, for frying

For the tahini yogurt dip:
250ml Greek yogurt
25ml tahini paste
2 tbsps freshly squeezed lemon juice
10g mint, finely chopped
¼ cucumber, grated
1 garlic clove, crushed
½ teaspoon sea salt

To serve:
Coriander, roughly chopped
Lemon wedges

1. Take 30 x 15-cm wooden skewers and soak them in water for at least 30 minutes. To make the koftes, place all of the ingredients except the oil in a large mixing bowl and mix everything together using your hands.

2. Shape the kofte mixture around the soaked skewers (about 45–50g per skewer) in a sausage shape and press the mince firmly together. Transfer to a baking sheet, cover with clingfilm and set in the fridge for at least 2 hours, or preferably overnight, to firm up.

3. Preheat the oven to 180°C/350°F/Gas Mark 4. Heat the sunflower oil in a large frying pan set over a medium–high heat. Add the koftes in batches and cook for about 4 minutes, turning them until golden brown all over. Transfer to a clean baking sheet, while you cook the remaining koftes in the same way, adding more oil to the pan each time if necessary.

4. When all the koftes have been fried, place them in the preheated oven for 5 minutes to cook through. To make the dip, mix all the ingredients together and season with sea salt to taste. Serve on a platter scattered with chopped coriander, with lemon wedges and the dip on the side.

CRISPY PORK BELLY BITES WITH THAI DIPPING SAUCE

Serves: 8–10

Prepare: 20 minutes,

“Don’t be put off by all the steps as these pork bites aren’t difficult. This is one of those perfect party dishes that can be prepared days in advance and then grilled in minutes when ready to serve”

plus overnight brining
and cooling time

Cook: 4 hours, 45 minutes

85g clear honey
5 bay leaves
3 sprigs rosemary
250g sea salt
2 tbsps peppercorns
Small bunch of fresh thyme
1 bulb of garlic, cloves removed
and flattened with skin on
1½ kgs pork belly, skin on
2 litres oil, for confiting
Coriander roughly chopped, to
garnish

For the dipping sauce:

1 garlic clove
2 coriander roots, roughly
chopped
3 red chillies, roughly chopped
2cm piece of ginger, peeled and
roughly chopped
3 tbsps palm sugar
3 tbsps fish sauce
Freshly squeezed juice of 4 limes

1. Grease and line a baking sheet with parchment. Begin by brining the pork. Combine the honey, bay leaves, rosemary, salt, peppercorns, thyme, garlic and 3 litres of water

in a container large enough to hold the pork. Place the pork in the brine, cover and set in the fridge for at least 12 hours or overnight.

2. Remove the pork from the brine and discard the liquid. Rinse the pork in a large bowl under running water, then pat dry with paper towels.

3. To confit the pork, preheat the oven to 120°C/250°F/Gas Mark ½. Place the rinsed pork in a roasting pan and pour over the oil. Cover with foil and cook in the preheated oven for 4½ hours. The oil will gently bubble and poach the pork, until it is soft and falling apart. Remove from the oven, uncover slightly and allow the pork to cool to room temperature.

4. Press the pork so that it has a nice, firm texture, by removing it from the oil and place it, rind-side down, on the prepared baking sheet. Keep the oil to one side for crisping the skin later. Cover the pork with clingfilm and weigh it down with something heavy like a big wooden chopping board or a cast-iron roasting dish. Set in the fridge for at least 12 hours.

5. When ready to serve, preheat the oven to 220°C/425°F/Gas Mark 7. Score the skin of the pressed pork with a diamond pattern and cut into 2-cm squares with a very sharp knife. Drizzle a clean baking sheet with a little of the reserved cooking oil, place the pork squares skin-side down and roast for 15 minutes, until the skin is golden brown and crisp. Remove from the oven and drain on paper towels. Alternatively, you can crisp up the skin by placing the pork, skin-side up, underneath a grill on a medium heat for 3–4 minutes.

6. To make the dipping sauce, pound the garlic, coriander roots, chillies and ginger in a pestle and mortar to a rough paste. Add the palm sugar, fish sauce and lime juice and mix thoroughly. Add more palm sugar, lime or fish sauce if necessary to get the desired balance of sweet, sour and salty.

7. Transfer to a serving platter, garnish with coriander and serve with the sauce on the side.





"Corn gives these canapés a slight twist on the traditional smoked salmon blinis. They can be made ahead of time but assemble just before serving"

CORN FRITTER BLINIS WITH SMOKE SALMON & LEMON CREAM

Makes: 35-40

Prepare: 15 minutes, plus resting time

Cook: 35 minutes

1 medium courgette, grated
4 free range eggs
180 g self-raising flour
50g Parmesan-style cheese, grated
100ml buttermilk
1 tsp paprika
½ tsp cayenne pepper
1 tbsp coriander, chopped
Fresh corn kernels cut from 2-3 cobs
Sunflower oil, for frying
Sea salt and freshly ground black pepper, to season
300g smoked salmon, to serve

Chervil or chopped chives, to garnish

For the lemon cream:

250ml sour cream
1 tbsp freshly squeezed lemon juice
1 tsp grated lemon zest
¼ tsp sea salt

1. Put the grated courgette into a colander set over a large mixing bowl. Sprinkle with ½ teaspoon of salt and leave for 30 minutes–1 hour so they release their moisture. Squeeze the grated courgette with your hands to get rid of as much moisture as possible and set aside.

2. In a large, clean, dry mixing bowl, lightly whisk the eggs. Add the flour, grated Parmesan, buttermilk, paprika, cayenne pepper, ½



Party On

Don't rely on pre-made treats for your next party – make your own! This kit contains Inverawe's amazing smoked salmon, 16 blinis and 50g of trout caviar – everything you need to create your own show-stopping canapés. Smoked Salmon Blini Kit, £24.50, smokedsalmon.co.uk

teaspoon of salt, black pepper and chopped coriander. Stir in the squeezed courgette and corn kernels, ensuring the vegetables are evenly coated in batter.

3. Add enough sunflower oil to thinly cover the bottom of a heavy-bottomed frying pan. Drop small spoonfuls of batter into the pan using a teaspoon and cook for about 2 minutes on each side, until golden brown. Drain on paper towels, then transfer to a clean baking sheet. Cook the remaining batter in the same way, adding a little more oil to the pan each time, if required. If you are not going to assemble the blinis straight away, cool completely and cover with clingfilm.

4. To make the lemon cream, combine the sour cream, lemon juice and zest and salt in a small bowl. Arrange the blinis on a serving platter, top with a ribbon of smoked salmon and a dollop of lemon cream. Garnish with chervil or chopped chives and a sprinkle of freshly ground black pepper.

CHORIZO, RED PEPPER & PEA FRITTATA BITES

Serves: 8-10

Prepare: 25 minutes

Cook: 50 minutes

4 x 60g chorizo sausages
16 free range eggs
300ml crème fraîche
Pinch of salt and freshly ground black pepper
1 tbsp olive or rapeseed oil
1 medium red onion, peeled and finely chopped
1 garlic clove, peeled and crushed

130g fresh or frozen peas
1 red pepper, deseeded and cut into strips
60g baby spinach

1. Preheat the oven to 180°C/350°F/Gas Mark 4. Place the chorizo sausages on a baking sheet and cook in the preheated oven for 12 minutes. Remove from the oven, drain on paper towels and cut into 1-cm slices. Cover and set aside.
2. Reduce the oven temperature to 110°C/225°F/Gas Mark ¼. Put the eggs in a large mixing bowl with the crème fraîche and lightly whisk to combine. Season with salt and pepper, and set aside.
3. Heat the oil in a large non-stick, ovenproof frying pan set over a low–medium heat. Add the onion and garlic and sauté, until soft but not coloured.
4. Add the sliced chorizo, peas and pepper strips and cook for 2–3 minutes, stirring occasionally. Add the baby spinach and stir until the spinach just begins to wilt. Arrange the mix evenly over the base of the pan and carefully pour in the egg mixture.
5. Reduce the heat and gently cook the frittata, moving the egg in a little from the edge of the pan as it cooks (similar to how you would cook an omelette) using a spatula to run around the outside of the pan. You don't want to get any colour on the base of the frittata so it is important to keep the temperature low.
6. Continue running the spatula around the outside of the pan to ensure the frittata doesn't stick. After about 10 minutes, once it has just set on the bottom and the sides, place the pan in the oven for 15–20 minutes, until the frittata is lightly golden and just set in the middle. Remove from the oven and set aside to cool for 10 minutes.
7. Once cool, cover the pan with a chopping board and turn it over to release the frittata. Cut it into 4-cm squares and transfer to a plate to serve with cocktail sticks.

Recipes adapted from *Café Kitchen* by Selagh Ryan and photography by Kate Whitaker (£16.99, Ryland Peters & Small). The book is available to *GBF* readers for the special price of £11.99 (including postage & packaging) by telephoning Macmillan Direct on 01256 302 699 and quoting the reference GLR K3K.





MUSHROOM, STILTON & PICKLE WELLINGTONS

Serves: 4
Prepare: 15 minutes
Cook: 35 minutes

Rapeseed oil, for greasing and brushing
4 large portobello or field mushrooms, about 250g
300g Colston Bassett Stilton
4 tbsps The Bay Tree Christmas Pickle
6 sheets of filo pastry, each about 48 x 25cm
40g butter, melted
Sea salt and freshly ground black pepper

1. Preheat the oven to 190°C/375°F/Gas Mark 5 and lightly oil a large baking tray. Brush both sides of each mushroom with oil and put them cap-side down on a plate. Season with salt and pepper. Using a sharp knife, cut the Colston Bassett Stilton into thick slices, removing the rind.

2. Put a piece of Stilton on top of each mushroom and top with a tablespoonful of the Christmas Pickle. Leave to one side. Cut each sheet of filo in half vertically. Place 3 halves of filo on top of one another, brushing each layer with a little melted butter. Keep the remaining filo covered with a damp kitchen towel to prevent it drying out.

3. Sit the stuffed mushroom in the centre and draw up the corners of the filo to meet in the middle and make a parcel. Twist the top of the filo to seal and brush the parcel with more butter. Repeat with the remaining stuffed mushrooms and filo.

4. Place the mushroom Wellingtons on the prepared baking tray. Bake for 25–35 minutes until the filo is golden and crisp. Leave to cool slightly to allow the cheese to firm up before serving.

Recipe by Emma Macdonald, founder of The Bay Tree, and adapted from *Home Deli Recipes* (£20, Watkins). The intense fruitiness of The Bay Tree's Christmas

Pickle is perfect combined with melting smooth, creaminess of Colston Bassett's Stilton in these filo pastry parcels.

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FRIDGE FEASTING

It's a terrible waste to throw the excesses of festive indulgence in the bin – give them a new lease of life with these easy recipes so you can keep the delicious dishes coming



- * Lots of dishes require cooked meat and are perfect for using up leftovers – for example, many Mexican dishes like quesadillas and tacos need cooked shredded poultry
- * Don't forget that cooked meat is ideal for lunchtime sandwiches for a few days after cooking
- * Once your turkey, goose or pheasant has been picked clean, make a stock from the carcass.

TURKEY PHO**Serves: 4****Prepare: 30 minutes.**
Cook: 15 minutes.

1 litre strong homemade chicken or turkey stock (or use 3-4 chicken stock cubes)
 8 salad onions, sliced on the diagonal
 1 small fresh red chilli, finely chopped
 2 garlic cloves, peeled and crushed
 2 tbsps fish sauce
 1 tbsp caster sugar
 Sea salt and freshly ground black pepper
 350g leftover turkey
 200g rice vermicelli
 200g beansprouts
 1 small bunch coriander, roughly chopped
 1 small bunch basil, roughly chopped
 10 fresh mint leaves, roughly chopped
 Juice of 2 large limes
 Soy sauce, to season



- * Leftover salmon can be whizzed up with cream cheese for a delicious sandwich filler
- * Flaked smoked fish combined with butter, cream, lemon juice, pepper and parsley makes a luxurious sauce
- * Salmon and egg is a fantastic combination – make a quiche or fold salmon into scrambled eggs for a decadent breakfast



1. Place the stock (or water and cubes) into a large saucepan and heat until just simmering. Add the onions, chilli, garlic, fish sauce, sugar and a little salt and pepper, then simmer for 3 minutes.
2. Shred the turkey meat into very thin strips, add to the stock and stir. Add the noodles and beansprouts and bring back to the simmer, then immediately remove from the heat.
3. Stir the herbs into the pho along with the juice from the limes, add a dash of soy sauce and serve.

Recipe courtesy of British Turkey**CHESTNUT & VEGETABLE PIE****Serves: 8****Prepare: 45 minutes**
Cook: 40 minutes

2 tbsps rapeseed oil
 3 shallots, peeled and thickly sliced
 175g cooked leftover carrots, chopped
 175g cooked leftover potato, chopped
 175g cooked leftover broccoli,

chopped
 200g cooked, peeled whole chestnuts, chopped
 175g Cheddar, grated
 1 egg yolk
 2 tbsps Greek yoghurt
 Freshly ground black pepper

For the pastry:

300g Stork
 450g plain flour
 55g Parmesan cheese (or hard British equivalent), grated
 1 free-range egg, beaten
 1 tsp fennel seeds

1. Preheat the oven to 200°C/400°F/Gas Mark 6. For the filling, heat the oil in a large frying pan. Add the shallots and fry for 5 minutes until soft. Add the carrots, potatoes and broccoli and cook for a further 5 minutes. Stir in the chestnuts and set aside to cool.
2. Mix together the Cheddar, egg yolk and yoghurt, season with pepper and set aside.
3. For the pastry, rub the Stork into the flour until it resembles breadcrumbs. Stir in the hard cheese and enough cold water to turn it into a soft dough. Knead lightly on a floured surface until very smooth.
4. Roll out half the pastry to a rectangle 30x20cm and lift onto a baking sheet. Spoon over half the vegetables to within 2.5cm of the edges. Top with the cheese and yoghurt mixture, then the rest of the vegetables.
5. Take the remaining pastry, roll it out and dampen the edges. Place

After all the heavy festive food, this light and aromatic broth is a great way to keep warm and find another use for any leftover turkey meat



- * Roast potatoes are a great base for all sorts of dishes like hashes, fish cakes, bubble and squeak
- * Root vegetables can be turned into a thick, warming soup in under 20 minutes – just blend them with stock and a little cream
- * You only need a few eggs to make a vegetable frittata, and it's great for using up all sorts of leftovers. Add some chopped leftover ham and sliced potatoes for a more substantial meal



- * There's always leftover pudding – crumble it into ice cream for a less stodgy dessert that'll keep in the freezer
- * The pudding will keep in the fridge for up to three months, so it's worth hanging on to in case you get a craving for it in February
- * A pudding or Christmas cake can be covered in ice cream and meringue and put in the oven for an easy Baked Alaska

over the filling, pressing to seal the edges and form the pie. Make 3-4 slashes in the top to allow steam to escape.

6. Brush the pastry with beaten egg and sprinkle with fennel seeds. Bake in the oven for 30-35 minutes until golden brown.

POTTED HAM

Serves: 8

Prepare: 10 minutes, plus 30 minutes chilling time

Cook: 10 minutes

250g unsalted butter
500g cooked smoked gammon
4 tbsps flat-leaf parsley
1 tbsp fresh thyme leaves, plus sprigs, to garnish
Small pinch ground cloves
Small pinch cayenne pepper
1 tsp wholegrain mustard

1 tbsp cider vinegar
Freshly ground black pepper

- 1.** Melt the butter gently in a small pan, then leave to settle and skim all the froth from the surface. Slowly pour the clear liquid into a small bowl or jug, leaving the milk solids in the pan.
- 2.** Shred the gammon finely, leaving some larger chunks for texture. Mix with the parsley, thyme, spices, mustard, vinegar, pepper and two thirds of the clarified butter. Divide the mixture between 8 small ramekins or 1 large jar.
- 3.** Press down and flatten the surface of the meat mixture with a teaspoon, then top each ramekin with a sprig of thyme. Spoon over the remaining butter and chill until solid. This will keep in the fridge for 4 days. To serve, bring up to room temperature and spread on bread.

Recipe courtesy of Denhay

CHESTNUT & VEGETABLE PIE

20g organic butter
300g floury organic potatoes, like King Edwards, cooked
250g organic pork belly, cooked and shredded
200g leftover cooked vegetables like carrot, parsnip or sprouts, finely chopped
Sea salt and freshly ground black pepper
20g plain flour
Rapeseed oil, for frying
2 free-range eggs

1 Gently heat the butter in a pan and add the potatoes. Mash together until fully combined and smooth. Add the shredded pork and the cooked vegetables, then stir. Allow to cool then form into even-sized cakes.

3 Dredge in well seasoned flour until fully coated, then set aside. Heat a large glug of oil in a frying pan over a medium heat then add the cakes. Cook for 5 minutes on each side, then drain on kitchen paper. While the cakes are cooking, crack two eggs into boiling water and poach for 2 minutes.

4 Arrange the cakes on two plates and add a poached egg on both. Sprinkle with salt and serve immediately.

This is the perfect method for using up and preserving any leftover ham or gammon – serve as a starter or as part of a buffet



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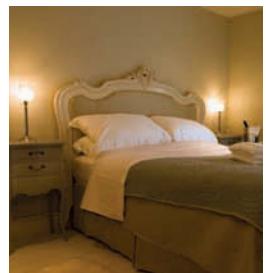
WIN A LUXURY WEEKEND AWAY IN WALES!

Luxury granola brand Sensible Dave has been a big hit since launching in the spring – its delicious The Berry One even won Best Cereal in *Great British Food's* Farm Produce Awards. So we were thrilled to hear that founder David Rose has been beavering away in Wales on some exciting new recipes!

Recognising that a healthy breakfast is very important, Sensible Dave has introduced a no added sugar version to the range. Each 600g box of 'The Wholesome One' contains the zest of one orange, oats from Cheshire, rapeseed oil from Herefordshire, other carefully sourced ingredients and a drizzle of honey to hold the clusters together. With everyone thinking about their good intentions for 2015 this is one small, simple step to a more sensible you!

Additionally, for people who tend to grab their breakfast on-the-go there are the new Baby Dave snack pots; a handily packaged 50g single serving of your favourite granola. Now you need never go without!

To celebrate the New Year and the new product launches Sensible Dave is offering one lucky winner a year's supply of granola and a two night stay at David's boutique hotel, The New White Lion on the edge of the Brecon Beacons. With six individually designed and luxuriously appointed bedrooms, the Mr and Mrs Smith hotel has everything you need – super comfy beds and a well-stocked honesty bar with a sensational gin selection. The welcoming, friendly atmosphere guarantees you'll soon return to a slower pace of life and David is a super self-taught cook as well. The stay includes two night's accommodation including full Welsh breakfast and three course dinner for two people. For more information visit sensibledave.co.uk. For hotel details visit newwhitelion.com



WIN THE ULTIMATE SEASIDE GETAWAY!

'Frying' to plan your perfect family holiday this summer? Be in with a chance of winning the ultimate seaside holiday retreat to Whitby, North Yorkshire as part of the 2015 National Fish & Chip Awards, organised by Seafish.

With the 2015 National Fish & Chip Awards ceremony taking place this month (20th January) in London, we're celebrating the nation's favourite takeaway by offering one lucky family the chance to escape to the scenic coastal resort of Whitby, home of award-winning fish and chip shop Quayside.

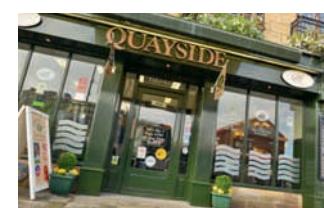
You'll enjoy a luxurious two night stay in the chic four star, Gold Award Campion suite at Whitehall courtesy of Whitby Holiday Cottages (whitbyholidaycottages.net).

Occupying the upper and lower ground floors with three separate entrance doors, this two bedroom self-catering apartment

is kitted out with every modern comfort and convenience your family could wish for. With views that stretch over the River Esk down to the harbour and up to the historic Abbey Plain from every window, Whitehall provides the ideal location for your family to unwind, relax and spend quality time together.

You'll also receive vouchers to dine in the restaurant at award-winning Quayside, current reigning champion and winner of the hotly contested Independent Takeaway Fish and Chip Shop of the Year 2014 Award. This will give you the chance to tuck into the perfect portion of piping hot chips and flaky white fish covered in crispy batter – it'll be a family getaway you'll never forget!

The National Fish & Chip Awards celebrate the great tradition and history of fish and chips, rewarding outstanding businesses across a variety of award categories. Now in their 27th year, the awards are recognised as one of the most prominent and respected seafood industry events in the UK. For further information please visit fishandchipawards.com or follow @FishnChipAwards.



WIN A L'EQUIP BLENDER!

Feel like you should be drinking more fresh juice, want to make more of your own spreads or just want to create amazing soups? We've got just the prize for you! L'equip's new RPM Professional Blender, available exclusively from UKJuicers.com, is an affordable force to be

reckoned with thanks to its motor, which drives a unique eight-pronged Titanium Crusher blade at an impressive 27,000 rpm. This creates a powerful vortex in the jug that draws ingredients into the centre, ensuring even blending.

As well as velvety smooth soups and smoothies, the L'equip RPM performs an impressive amount of jobs including turning nuts into silky smooth butters, seeds and grains into delicately light powders, frozen fruit into deliciously light sorbets and ice into powdered snow. Even whole pieces of fruit such as apples and grapefruit can be blended in seconds thanks to the unique blade design: something even more expensive models can struggle with. For more information visit ukjuicers.com

WIN A HUGE OXO GOOD GRIPS HAMPER!

Win an amazing bundle of Oxo Good Grips kitchen gadgets, all of which have been especially chosen with a January health kick in mind.

After a month of festive celebrations and luxurious food, start 2015 with all the right tools to cook up healthy yet tasty meals. Oxo's ultimate giveaway features a salad dressing shaker, avocado slicer, salad and herb spinner, herb mincer and mandoline slicer, all of which will help you make the perfect salad.

The bundle also contains a range of other goodies including a twist top water bottle, the angled

measuring jug and new measuring cups, the new compact food scale and a bladed meat tenderiser. Oxo has also remembered some essentials such as the silicone spatula, silicone whisk and silicone flexible turner, a new can opener and Y peeler. Visit oxouk.com for further details.



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SOMETHING FOR THE WEEKEND

This three course feast celebrates the best of Scotland's larder and is perfect for serving at a Burns Night shindig



*
ROAST PHEASANT &
GAME CHIPS

SALSAIY, SCALLOPS & FIZZ* ROAST PHEASANT & GAME CHIPS*THE CRANACHAN AWAKES



SALSFY, SCALLOPS & FIZZ

SALSFY, SCALLOPS & FIZZ

Serves: 4

Prepare: 5 minutes

Cook: 20 minutes

Handful of salsify or Jerusalem artichokes, peeled and cut into 3cm pieces – either veg needs to be kept in water with a drop of vinegar until needed
150ml Breaky Bottom sparkling wine, or similar
150ml fish stock
16 large Scottish scallops, shelled but with the shells washed and set aside
40g butter
Salt and freshly ground black pepper
75ml whipping or double cream, whipped to soft peaks, to serve (optional)

1 Put the salsify or artichokes with the wine and fish stock in a wide saucepan. Bring to the boil, then simmer for approximately 10–12 minutes until the veg are nearly tender when pierced with a knife.
2 Drop the scallops into the pan to poach in the liquor for a couple of minutes, turning them over. Using a slotted spoon, take the veg and

scallops out of the liquor and arrange on a warm serving dish, or spoon back into the shells. Turn up the heat, reduce the sauce by half, and then whisk in a little butter.

3 Spoon over the scallops and veg and serve with a dollop of whipped cream on each shell if desired.



ROAST PHEASANT & GAME CHIPS

Serves: 2

Prepare: 15 minutes, plus brining and resting time

Cook: 40 minutes

1 pheasant, rinsed
100–150g soft butter
Few sprigs of thyme
1 small onion or shallot, halved

Vegetables on which to sit the bird, celery and carrots work well

50ml wine or water

Salt and freshly ground black pepper

For the brining solution:

1 litre water

450g sea salt

1 shallot, peeled and halved

1 tsp whole peppercorns

4 sprigs of fresh flat-leaf parsley

2 sprigs of thyme

For the game chips:

200g waxy potatoes (look for ‘salad potatoes’)

Vegetable or sunflower oil

1 Mix the brining solution and immerse the bird – a large freezer bag is good for this – for 1 hour minimum, 6 hours maximum, in the fridge or a suitably cold place. Take out the bird, rinse and dry it, and let it come up to room temperature.

2 Preheat the oven to 190°C/375°F/Gas Mark 5. Slather the entire bird in soft butter and sprinkle over salt and pepper. Put more butter inside the cavity, season with salt and pepper and add the thyme and an onion or shallot, which will add more moisture, as well as flavour, from the inside.

3 Put the vegetables in a roasting tin and sit the pheasant on top. Pour around the wine, avoiding the pheasant. Transfer to the oven and roast for 40 minutes. Baste regularly. Halfway through cooking, cover loosely with foil. Rest the bird for 15 minutes before serving. Keep it covered well so it stays super-hot.

4 To make game chips: finely slice your waxy potatoes using the side of a cheese grater, or a mandolin if you have one. Rinse and thoroughly pat dry. Put in a bowl and pour over some vegetable or sunflower oil, salt and pepper and turn to coat. Spread them out on a baking tray or roasting tin. Roast in a hot oven (220°C/425°F/Gas Mark 7) for 40 minutes until crisp.

5 You can cheat with game chips, which after all are really just hot crisps. Just use very good-quality crisps, such as Tyrells. Spread them out on a baking tray and bake for approximately 5 minutes at 180°C/350°F/Gas Mark 4 while the pheasant is resting.

THE CRANACHAN AWAKES

Serves: 1; multiply at will
Prepare: 5 minutes

Cook: 5 minutes

1½ tbsps porridge oats or rolled oats

150ml yoghurt or yoghurt with a bit of cream added

1 tbsp honey (runny not set, but use the good stuff – it tastes better)

1 tbsp whisky (optional)

Small handful frozen British raspberries, defrosted

1 Toast the oats in a dry frying pan

or saucepan over a medium heat. Keep stirring all the while; it only takes a couple of minutes. Toasted oats have more flavour and a crunchier texture. You can keep them in a jar or freezer bag in the fridge.

2 When ready to serve, add the ingredients in layers in a tall glass. Otherwise, place them all in dishes on the table and allow your guests to assemble their own.

Recipes adapted from *Cooking for Chaps* by Gustav Temple and Clare Gabbett-Mulhallen (£12.99, Kyle Books). Photography by Sophie Broadbridge.

“Cranachan is an ancient recipe from the wilds of the Highlands. Traditionally all the ingredients were brought separately to the table and assembled by each guest in a tall glass. This is an unfussy recipe so measurements needn’t be exact. You could soak half the oats in whisky and provide both alcoholic and non-alcoholic versions”



THE CRANACHAN AWAKES

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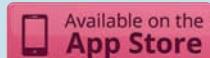
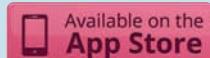


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Why not use your FREE* kitchen scales and make this delicious Cherry Garland

FRENCH GLACÉ CHERRY GARLAND

Makes: 1 loaf

Ready in: 3 hrs 10 mins

10g fresh or dried active baking yeast

325ml warm milk

50g butter

650g plain flour

1 tsp salt

50g caster sugar

2 eggs, plus one for glazing

100g French glacé cherries

100g chopped hazelnuts

20g flaked almonds

1 Preheat oven to 200C/400F/Gas 6.

2 Place the yeast and milk in a large mixing bowl, mix and then allow to sit until the mixture is frothy. When the yeast is ready add the butter, flour, salt, sugar and eggs mix into a dough.

3 Knead the dough on a floured board for 10 minutes (or 5 minutes if using a bread hook in a stand mixer). Next, gently mix in the French glacé cherries and the hazelnuts, but reserve some for decoration later.

4 Place in a large, lightly greased glass or plastic bowl. Turn the dough over to grease both sides, then cover and allow to rise in a warm, dark place until doubled in volume – this should take approximately 1 hour depending on the temperature.



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5 Next, punch down, cover, and set aside to rise again until doubled in volume (approximately 30 minutes).

6 Once risen, punch again, and cut into three parts. Form each part into a 50cm roll. Carefully plait the rolls on a large, greased baking tray, joining ends together. Cover and

allow to rise again until doubled.

7 Lightly beat the remaining egg, and brush onto the plaited loaf, then top with a sprinkling of the reserved hazelnuts.

8 Bake for about 25 minutes, until nicely browned. Top with the reserved almonds and French glacé cherries.

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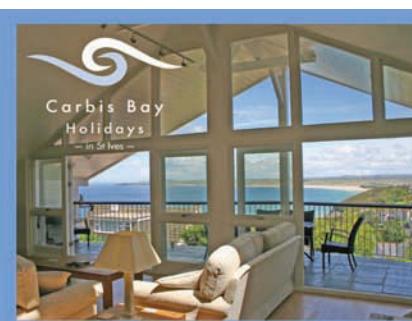
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THIS MONTH

- * Nottingham *
- * London *
- * Hertfordshire *
- * The Cotswolds *
- * Marlow *
- * Windermere *



The Great Escape: WINDERMERE

At ten and a half miles long, Lake Windermere is the biggest in England, and its shoreline is dotted with towns full of delis, restaurants and gorgeous hotels. Avoid the touristy masses in the summer and go out-of-season for a relaxing gastronomic getaway in the heart of the Lakes



What to see in a day...

Bowness-on-Windermere, about a 20 minute walk from Windermere town, is a buzzing hub of shops, cafés and pubs, with everything in arm's reach. If you're not in the mood for putting on your hiking boots and following one of the many trails, hop on one of the ferry rides run by **Windermere Lake Cruises** (windermere-lakecruises.co.uk). There are lots of different scenic routes which can drop you off at all the surrounding lakeside towns and villages, or you can just sit back, relax and take in the spectacular views. There are also self-drive and rowing boats available, if you're looking to captain your own ship for a while. As well as the beautiful scenery, the lake is known for its stunning wildlife, so keep your eyes peeled for the wild otters that live on the banks!

After taking in the sights and sounds, head to what's consistently named the best pub in Bowness – **The Hole in't Wall**

(newhallinbownessonwindermere.robinsonsbrewery.com). It's been there since 1612, so it's also the oldest in the area, and has everything you'd want in a Cumbrian pub – roaring log fires, local cask ales, huge portions of great pub grub, and all the original beams, deer heads and ornaments you could ever want.

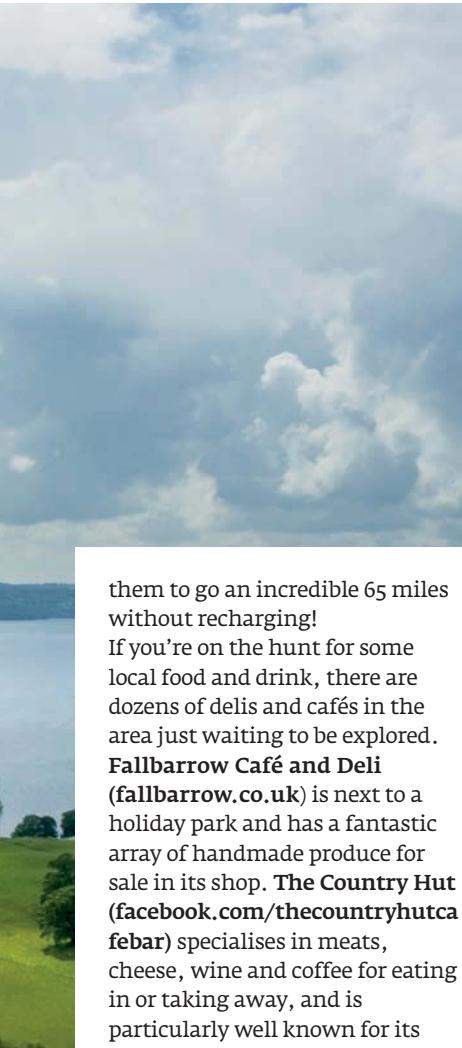
The Cumbrian countryside was the inspiration for one of England's most celebrated children's authors, Beatrix Potter, and **The World of Beatrix Potter** (hop-skip-jump.com) brings in

visitors from around the world. It's great for kids, and you'll be instantly whisked back to your childhood if you were ever a fan of the furry characters. Peter Rabbit, Jemima Puddle-Duck and all their friends are brought to life through films, recreations of the books and interactive displays. You can learn all about Beatrix's life, too, and see which parts of the area inspired her to write.

What to see in... a weekend

DAY ONE...

It really is impossible to get away from the incredible views and scenery surrounding Lake Windermere, which is why it's such a magnet for hikers. However, if you want to see it in all its glory without the aching legs and feet afterwards, an electric bike from **Electric Mountain** (electric-mountain.co.uk) is the perfect solution. You can embark on a guided tour or go your own way, and they've got enough juice in



them to go an incredible 65 miles without recharging!

If you're on the hunt for some local food and drink, there are dozens of delis and cafés in the area just waiting to be explored.

Fallbarrow Café and Deli

(fallbarrow.co.uk) is next to a holiday park and has a fantastic array of handmade produce for sale in its shop. The Country Hut (facebook.com/thecountryhutcafes) specialises in meats, cheese, wine and coffee for eating in or taking away, and is particularly well known for its cocktails in the evening. Bryson's

Tea Room

(brysonsofkeswick.co.uk) is another well-known place to grab a cup of tea and a slice of cake. It's been in business since 1947 and the staff certainly know how to make a good loaf of bread!

If you're looking for a proper lunch, then we recommend Wild & Co (wildandco.co.uk). All the ingredients are locally sourced, and with dishes like Monkfish with Air Dried Ham, Celeriac Puree & Roasted Ceps, it offers a real taste of great quality Cumbrian food.



For dinner, Linthwaite House (linthwaite.com) is one of the best restaurants in the area. Head there before it gets dark for a drink or two, as it's the perfect place to watch the sun set over the lake, before wandering through to the beautiful dining room for a meal to remember. If it's on the menu, try the venison wrapped in bacon with charcoal salsify and blackberries – it's one of the best game dishes we've ever eaten.

DAY TWO...

Wake up early, get your money's worth from the breakfast buffet and head to Booths (booths.co.uk) for a browse of the aisles. If you're not from the North West and have never had the chance to visit the shop before, make sure you do – there are some amazing ingredients for sale, the majority of which are from local producers. The deli counter is perfect for putting a picnic together, and we bet it's the only supermarket where you can pick up a purple cauliflower or chanterelle mushrooms by the handful!

Right outside the shop is the starting point for the walk up to Orrest Head (walklakes.co.uk), a hill walk which rewards you with the best view in the entire Lake District. It's a 20 minute, easygoing hike along a path, and if you're only going to go on one walk while you're here, this is the best. You can see the entirety of the lake, and there are 360° views as far as the eye can see on a clear day. No wonder it was famous fell-walker and author A.W. Wainwright's favourite place!



Where to Stay

* If you're looking for a room with a view, the four star Macdonald Old England Hotel & Spa (macdonaldhotels.co.uk) is right on the shore. It also has a fantastic restaurant, serving British food with a twist, such as wood pigeon breasts with lime and cocoa and smoked potato salad with pickled mushrooms. There's a spa and pool if you fancy staying in, and the downstairs lounge is also a particularly relaxing place to have a drink – we recommend a whisky from its extensive range of Scottish malts.

* The aforementioned Linthwaite House (linthwaite.com) is also a great place to stay if you're looking for high end luxury. All of the 30 rooms are spacious and comfortable, and one even boasts its own private outdoor hot tub overlooking the lake! The hotel also has its own 'tarn' (a small mountain lake) which can be explored – make it the whole way round to find a small secluded bench and gap in the trees for a view which stretches the length of Lake Windermere. It's won countless awards for its food and service, serves some of the best food in the Lakes and – most importantly of all – the bar staff make a mean martini.

Head back down the hill path, cross the road and drop in to Lakeland (lakeland.co.uk) for a spot of shopping. It's the site of the original Lakeland shop and also the biggest – so it has every piece of kitchen kit you could possibly think of. As well as that, there are chef demonstrations throughout the day and a fantastic restaurant upstairs – just make sure you book before you start shopping, as there's usually a 20 minute wait. You can happily spend over an hour in there looking at all the amazing products on offer.

For dinner, book a table at Hooked (hookedwindermere.co.uk) for some of the freshest fish going. The menu changes daily and chef Paul White sources everything from the nearby fishing port of Fleetwood. Expect simple dishes like Red Bream Paella, Whitebait and Hake Fillet with Pesto.

Travel between London and Oxenholme (£94.50 return, 2 hours 28 minutes each way provided by Virgin Trains (virgintrains.co.uk).

Out & About

Beat the January blues with a food and drink-focused adventure to one of these fantastic gourmet getaways

A Weekend Away

WHERE? THE GROVE, HERTFORDSHIRE



Why we like it?

The Grove models itself as 'London's cosmopolitan country estate' and the stunning, 300-acre grounds are so spacious you won't believe you're less than 20 minutes from the capital's centre. The hotel acts as a one stop shop for all types of relaxation, whether you fancy playing a few holes on the championship golf course, relaxing at the award-winning spa, or stretching your legs with a stroll around the grounds. Within the Walled Garden

complex you'll find tennis courts, a croquet lawn, vegetable gardens and fruit orchards providing fresh produce for the restaurants; there's even an outdoor pool and 'urban beach' to enjoy in the summer. The bedrooms are split between the Mansion (the hotel's 18th century core) and the more contemporary West Wing – many rooms have fabulous views, roll top baths and plush sitting areas.

And the food...

There are three eating options at The Grove – casual gastropub eating at The Stables, a surprisingly luxurious buffet the Glasshouse, where you can feast on venison Wellington, pan-fried skate cheeks and whisky-cured sea trout, or exciting fine dining at Colette's. We opted for the former, where the atmosphere is nicely laid-back and the menu is innovative but comforting. Most memorable were a starter of Stilton fritters, cleverly served with slivers of green apple to cut through the richness, a delightfully sweet/sticky pot roast shoulder of salt marsh lamb and a playful chocolate fondue for two, with plenty of marshmallows, fudge and meringue pieces for dipping. thegrove.co.uk



Made in Marlow

Marlow is set to become an even bigger foodie Mecca, with two exciting new openings lined up this winter. Tom Kerridge is soon to open a sister restaurant to the massively popular Hand & Flowers called The Coach, which will serve more relaxed, tapas-style dining. Meanwhile, Atul Kochhar has launched Sindhu in the town's Macdonald Compleat Angler hotel, which will be offering the chef's unique brand of contemporary Indian fare.

Street Eats & Skating

A new London pop up will combine a smokehouse, artisan doughnut stand and craft beer bar – all against the backdrop of a beautiful open air ice rink. The Tasting Room opens this month at Broadgate Ice Rink and offers delicious food and drink from 7.30am onwards, starting with smoked back bacon baps and locally-roasted coffee for breakfast, and finishing with authentic pulled pork buns and seasonal cocktails ‘till late. Open until March 2015. thetastingroom.london



Try Something New

Set in picturesque rolling hills, the newly-opened Cotswolds Distillery is an idyllic place to discover the story behind world-class gin.



The distillery:

Nestled in the heart of the Cotswolds countryside lies Cotswolds Distillery – a newly-opened homage to top quality spirits. Despite not being open long, the distillery's reputation precedes it thanks to a love of local; golden organic barley and freshly picked botanicals from the surrounding fields make up the heart of its fine tipple, and

provenance buffs will be delighted to know that all stages of production – from malting to distilling – take place in the picture postcard-worthy Cotswolds.

What's on:

Housed in a stunning barn conversion in the peaceful village of Stourton, a tour of the distillery's iconic copper batch pot stills is a must. Learn all there is to know about fine spirit production – plus revel in the eco credentials of this charming distillery – with help from one of the in-house experts. End the tour by enjoying a measure in the comfy bar before visiting the

RESTAURANT OF THE MONTH

THE LARDER ON GOOSEGATE, NOTTINGHAM



If you're on the look out for a fantastic quality steak in Nottingham, not to mention a lovely evening out, Hockley's Larder on Goosegate is something pretty special. Firstly, there's the location; the restaurant is set on the second

floor of a beautiful Victorian building with sky high ceilings, brass-rimmed mirrors and a huge row of windows that make the space particularly light and bright – and also allow for plenty of people watching! The food is a celebration of British produce with dishes like wild rabbit rillettes, haggis venison bon bons and slow-cooked pigs cheek. However, looking at the choices of our fellow diners, the restaurant's selection of unusual steak cuts are by far the most popular choice. We gorged on gloriously tender Picanha and Spider steaks, served with a plentiful mound of fat, perfectly cooked chips. Every day The Larder has a different vegetable side available, and our herby and buttery braised cavolo nero almost stole the show. Classic British puddings of poached plums and sticky toffee pudding finished things off perfectly. Booking is strongly advised. thelarderongoosegate.co.uk



shop to stock up on gin, glassware and cocktail recipe books, then keep an eye out for the single malt whiskies, brandies and eaux de vies soon to be launched!

Tour: £6; Tour & Tasting: £10. cotswoldsdistillery.com

DELIS of the MONTH

Our monthly showcase of the UK's finest independent food sellers



AMAZING HAM

DELI-CHARCUTERIE.CO.UK
KENT

Online meat expert Deli-charcuterie is a one stop shop for the finest cooked British meats, specialising in hams but also selling delicious beef and turkey products, as well as charcuterie from some of Europe's finest family producers. The company is a subsidiary of Stephens Fresh

Foods, which has been supplying independent butchers and caterers for 40 years. Steve (the name over the door) started the business in 1974 and it now boasts over 300 product lines, many of which are produced fresh on-site in Kent. Deli-charcuterie allows shoppers to access the accumulated knowledge of forty years of trading in British cooked meats and European charcuterie via its website.

Best Bit? Delicious baked Kentish honey hams, available in various quantities. deli-charcuterie.co.uk



GLOUCESTER SERVICES
GLOUCESTERSHIRE

Few of us relish the idea of eating at a motorway service station, but that's all changed with the opening of Gloucester Services, a new £40 million food and drink mecca on the M5. The service station sells

produce from over 130 local businesses, including bread from Hobbs House Bakery and Legges of Bromyard's famous pork pies. Food to go is available 24 hours, while the farm shop is open from 6am until 10pm, making it an ideal excursion for early and late-night journeys.

Best Bit? Huge hunks of buttercream filled sponge cake from Beau's Bakehouse. gloucesterservices.com



SCALLOP SHELF
FROME

This beautiful seafood deli, which also incorporates an award-winning fish and chip shop, sells a fabulous range of delicious ready-prepared dishes, including homemade fishcakes, taramasalata, fish pies, marinated anchovies and

freshly picked crabmeat. All produce is shipped fresh every morning from the fishing ports of South Devon and Cornwall and everything is cooked on the premises under the direction of Garry Rosser, who has over 20 years of chef and fishmonger experience.

Best Bit? The approachable and very knowledgeable staff on the fish counter. thescallopshell.co.uk

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Best Bit? The 'Build Your Own Hamper' option, which lets you fill a beautiful wicker basket full of fantastic food victoriasdeli.co.uk



Do you have a specialist deli that you want to promote? Contact owen.cook@aceville.co.uk or nathan.kliber@aceville.co.uk



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All the boards are available at Kitchens Cookshop. If you're looking for a specific type, give the team a ring and they'll send an image of one that suits. Alternatively, call into one of their stores in Cardiff, Bath or Bristol to have a look yourself.

From £14 for a 10" x 5" board from kitchenscookshop.co.uk

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NIP FROM THE HIP

If you're on the hunt for unique and specialist handmade gifts, look no further than the delicious gin, vodka, brandy and rum-based liqueurs created by Nip from the Hip. Based in Kent, the vibrant and fully-flavoured drinks capture the essence of the locally-sourced fruit used in their production perfectly. The bottles are available in various sizes and the gift packs are beautifully presented.

From £4 from nipfromthehip.co.uk



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£69.90 from catra.org.uk



YEO VALLEY YOGURT

Yeo Valley 0% fat Greek-style is a fantastic antidote to all the indulgences of the Christmas period. Fat-free, but with a thick and creamy texture, it is a fantastic accompaniment to fresh fruit for a delicious healthy breakfast. As it is natural yogurt, it has no added sugar, so all in all it's a sin-free treat! This thick creamy yogurt can also be used to make a delicious dip by just adding a little cucumber and garlic and giving it a swirl.

£1.50 from all major retailers and independents



RHUG ESTATE MEAT

More and more of us are realising that to source great meat, we have to look beyond the supermarkets and go to the source. The Rhug Estate in Denbighshire has its own farm shop and online store which stocks some of the very best organic meat we've ever tasted. Chicken, beef, pork, lamb and game from the estate's grounds are all butchered on-site and the meat boxes are particularly good for stocking up the freezer.

rhug.co.uk

SIMPLY ICE CREAM

Simply Ice Cream's seasonal flavours are the perfect way to cheer up these dark winter months. The Christmas Pudding flavour was recently awarded two stars at the Great Taste Awards, and was described by the panel as the 'taste of Christmas captured in frozen cream'. There is also a zingy Cinnamon flavour (perfect with a mince pie) and the comforting, indulgent Apple Crumble and Apple & Blackberry Crumble specials. The rest of the range is also available if you're looking for a fresh and fruity post-Christmas treat, including four delicious sorbets!

£4.99 for a 500ml tub, simplyicecream.co.uk



POTTS PARTNERSHIP SAUCES

At this time of year, nothing beats a traditional British casserole or warming pie, and Potts Casserole Mixes make it quick and simple to whip up the comforting British classics without compromising on quality or flavour. The company ensures that its authentic recipes are prepared to produce that unforgettable homecooked taste, so all you have to do is seal the meat and add a Potts sauce for a delicious casserole, or top with pastry to make a tasty pie! Choose from Chicken, Leek & Herb; Beef, Ale & Mushroom and Lamb Hotpot.

From £3 from pottspartnership.co.uk



ARBIKIE VODKA

This new 43% ABV Scottish vodka is sweet, creamy and exceptionally smooth, thanks to the quality of the potatoes and fresh local water used. The Arbikie distillery was set up by John, Iain and David Stirling, three brothers who wanted to produce spirits which are distilled, bottled and labelled on the same farm as the ingredients used are grown. This 'farm-to-bottle' technique is the first of its kind, and the company will soon start production of whisky and gin, too.

£42 from arbikie.com



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HATES



IN THE KITCHEN WITH... Mitch Tonks

The award-winning restaurateur known for his vast fish knowledge shares his loves and hates



* Eggs

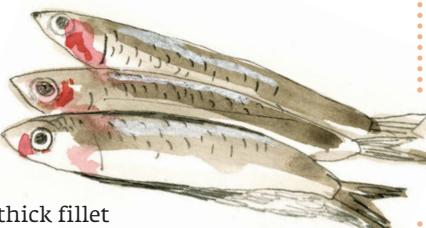
I have an egg every day – my preference is fried in olive oil, crispy round the edges or in an omelette. I love a crab or prawn omelette, when the eggs are in the pan and still runny on top. Add a few raw prawns or crabmeat, a little grated ginger, some sweet soy sauce and some hot sriracha chilli sauce. Sprinkle in some fresh coriander, fold over and serve – with some more chilli sauce on the side!

* Fish

I eat seafood of some sort every day, and I like fish for breakfast as much as I do dinner. I'm lucky to live in the fishing port of Brixham so supply is easy; if I see a boat landing that I know I'll grab a fish from them, or as I did last week, a handful of fresh still alive anchovies!

* Anchovies

Salted anchovies from Cantabria are a joy; the thin, salty cheap tinned varieties are only good for sauces.



When you pull a pink thick fillet from oil, lay it on top of a piece of bread with a slice of unsalted butter under it and finish with sliced shallots they are a snack from heaven!

* Feta Cheese

There are some things you just can't beat, and a Greek salad is one of them. I love the salty taste with fiery onion, olive oil and oregano. I always have a pack in the fridge; my preference is good barrel-aged stuff from La Fromagerie.

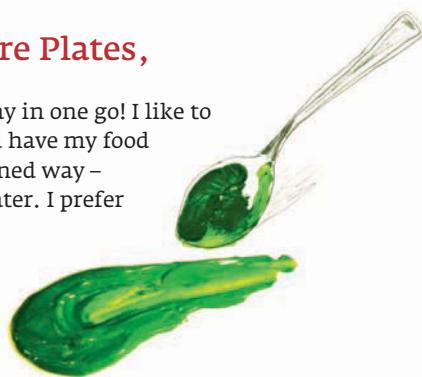
* Cookbooks

Every room in the house has a few cookbooks in. They change a lot but I like to just dip in and read sections of them. It's a constant learning experience and I'm amazed at how often I discover a little nugget from somewhere and take it to the restaurant that day.



* Smears, Square Plates, Slates & Foams

I'll get this out of the way in one go! I like to eat off a round plate and have my food cooked in the old fashioned way – with heat, not warm water. I prefer precise, simple cooking rather than a myriad of textures and techniques (although I do respect those who are good at it).



* Poor Quality Eggs

There is nothing worse than a cheap pale egg on your breakfast plate – what a terrible way to start the day!

* Pangasius

I bet you don't even know what this is! It's a muddy tasting cheap white fish grown in lakes and rivers – certain retailers call it river cobbler in an attempt to sell it to us. It is poor quality and downright awful. Fish farming is a must to feed the world, but please; this shouldn't be seen as a quality white fish!

* Unripe Vegetables

Going to the supermarket and seeing unripe veg and fruit with stickers saying 'ripen at home' infuriates me! Pick it ripe and sell it at its best!



* Processed Food

I recently went to a food factory and in the sterile environment saw the unhappy look on the workers' faces. No smiles, no love, nothing good going into the food. I realise this doesn't represent all food factories, but it shouldn't happen in any. There's such a dissociation from what we eat.

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